

R.N.



A Journal for Nurses

SEPTEMBER 1943

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**.. KNOW THE BEST WAY
TO RELIEVE A
TOOTHACHE?**



That's easy—use POLORIS, of course. For over 30 years the dental profession has prescribed POLORIS for toothache, discomfort after tooth extraction and other emergency dental pain.

Dental pain is usually a local condition caused by congestion and poor circulation, and calls for special local treatment—POLORIS.

POLORIS is actually a Dental Poultice, easily applied between cheek and gums. POLORIS' counter-irritant action stimulates circulation and

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Unlike analgesic Tablets and Powders, POLORIS works *locally* not *systemically*. It won't help a cold or cure a headache. POLORIS is designed solely to give prompt, safe, effective relief to anyone suffering from agonizing dental pain.

For **FREE SUPPLY** of POLORIS Dental Poultices write to:

POLORIS Company, Inc., Dept. 9-J,
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RECOMMENDED BY OVER 40,000 DENTISTS



POLORIS
DENTAL POULTICE

WHAT POLORIS IS

POLORIS is a scientifically proven dental aid that acts on the medically accepted principle of counter-irritation. Its formula appears on every package. POLORIS has never been advertised to the general public. Its entire business has been built through close cooperation with the dental profession.

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— a Journal for Nurses

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On the cover: Elizabeth Seidl, Lt. (j.g.) USN
U.S. Naval Hospital, St. Albans
R.N. photo by Krainin

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September 1943

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PATIENT TYPE No. 5



The Sales Clerk—plagued by ration coupons, shortages and irate customers. In these critical days her job is a trying one and often contributes to nervous indigestion and upset stomach.

Copies of the above picture without advertising, suitable for framing, may be had upon request (size 8½ x 10). Write to Dept. E.



BiSoDoL is an effective antacid that affords prompt relief from stomach distress due to excess acidity. More and more physicians are prescribing it in both powder and convenient tablet form.

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UNGUENTINE*



In minor burns, UNGUENTINE offers medically sound therapy with three specific, desired effects:

1. **Unguentine is analgesic.** For prompt relief of pain—a soothing local anesthetic.
2. **Unguentine is antiseptic.** It fights infection with sustained contact and action.
3. **Unguentine promotes healing.** It aids regeneration, usually without scar formation.

UNGUENTINE is a useful surgical dressing for minor burns, abrasions and skin injuries. Its continuous antiseptic action is non-irritating and non-toxic; its contact with affected parts is prolonged—and it prevents the bandage from adhering to the wound.

FOR FREE SAMPLE of UNGUENTINE for professional and personal use, write—THE NORWICH PHARMACAL COMPANY, Norwich, New York.



*Reg. U. S. Pat. Off.



THE PREWAR CAN. Material used in the pre-war can was steel, plated by the hot-dipped method which consumed 1.5# of tin per base box. Tin was applied by this method exclusively up to 1941.



THE WARTIME CAN. Differs slightly due to materials used. Cans made with 0.5# electrolytic tinplate are practically indistinguishable from those made with 1.5# tinplate. In 1943, some cans will bear ends made of enameled steel.

Identical Twins

QUESTIONS REGARDING the difference in appearance of some of the wartime food cans may have reached you.

Today, wartime cans are supplied to packers in accordance with government instructions. Many of these cans are enameled on the inside to protect the food. Some types are enameled on the outside as an additional protection against corrosion or rust.

The foods packed in these cans are just as wholesome and nutritious as the foods packed in prewar type cans. In many instances the new cans resist corrosion better than the prewar cans, but occasionally rust appears on the outside. The outside rust on a can detracts only from the can's appearance and has no effect whatsoever on the inside of the can and its contents, unless it is permitted to eat its way entirely through the metal.

Packers and can manufacturers have

always endeavored to deliver canned foods to the consumer in perfect condition under all circumstances. We are advising canners, grocers, and consumers that today's cans, to avoid unnecessary corrosion of the outside, should be protected from water and dampness.

We can assure you of this fact: All food cans used today have been thoroughly tested, and the type of can for each product is designated by government authorities.



The Seal of Acceptance denotes that the nutritional statements in this advertisement are acceptable to the Council on Foods and Nutrition of the American Medical Association.

**AMERICAN CAN
COMPANY**

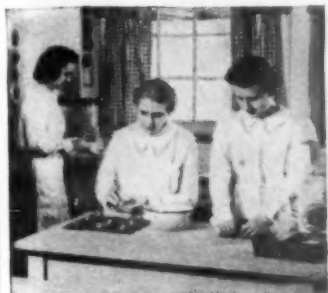
230 Park Ave., New York

#8

This is part of a series of matters of professional, educational and public interest, primarily related to nutrition and the scientific approach to the food problem, and giving the background of

the products of General Mills. These messages are being disseminated through a number of professional and specialized publications . . . in the hope of providing material useful for the readers.

WHEN ALL IS SAID AND DONE— nutrition means “eating”



← **“TOO MANY COOKS”**
never happens when a recipe is under consideration—in fact, the more cooks the better. The secret of Betty Crocker recipes is that the development of each recipe is entrusted to experts. It may be necessary to test a recipe dozens of times. Women's confidence in Betty Crocker recipes is the result.



↑ **AND EATING MEANS COOKING!** Last year, on just one of our products, we distributed more than half a billion copies of recipes. Betty Crocker has had a profound influence on American cooking . . . thus on America's eating habits.

NUTRITION means eating. And eating means cooking. Hence America's cooking habits vastly influence America's nutrition. The Betty Crocker Home Service staff of General Mills has wielded a greater influence on American cooking than any similar group.

This staff comprises numerous home economists. Day in and day out, it develops the ideas—recipes, menus, food-buying and conservation tips, suggestions to extend

rationed foods—which are then disseminated to millions of women.

A vast proportion of America's women use these ideas. They find them practical. They know that they are reliable.

The Betty Crocker service is not, by any means, confined to problems of baking. General meal-planning, problems related to wartime cooking, tips on how to make lunch box meals more attractive and nutritious, suggestions on how to conserve vitamins in cooking—simple nutritional information—all come within the

scope of the Betty Crocker service. Several thousand letters are received and answered every week. Timely bulletins are issued. The radio, magazines, and newspapers—yes, and packages too—carry this information to the public.

The influence of this service is incalculable. To paraphrase a famous saying, “Let me write the menus of a nation, and I care not who may write its nutritional laws.”

The Betty Crocker staff translates nutritional laws, nutritional information into nutritional practice, to help America's health!



“Thru Highway to Good Nutrition,” “Meat Stretchers,” “Storing and Preserving Foods,” “Packing the Victory Lunch Box,” “Rationing,” “Timely Vegetable Tips”—are among the bulletins and booklets recently issued by or with the help of the Home Service staff.

*Betty Crocker, “Kitchen-tested,” Softasilk, Bisquick, Wheaties, Cheerios and KIX are reg. trade marks of General Mills, Inc.

**General
Mills,
INC.
Minneapolis,
Minnesota**

Debits and Credits

REHABILITATION

Dear Editor:

In the July R.N., a nurse with T.B. asks Miss Torrop what she might do in her spare time to earn a little money. I am particularly interested in T.B. rehabilitation and have been doing quite a bit of work in this field.

Hand-painted greeting cards for all occasions sell at a good profit. One can buy cards, supplies to decorate them, and a complete catalogue from: The Little Art Shop, 1626 L St., N. W., Washington, D. C.

I know three girls without any special artistic talent who have found this occupation fascinating and profitable. I'd be glad to send further details.

Clara Osgood, R.N.
Branford, Conn.

[Other readers have been generous in their suggestions. Recommended occupations are: knitting, crocheting, edging handkerchiefs, making toys, dressing dolls, wood-work, creating lapel gadgets, and generally becoming proficient in some art or craft.—THE EDITORS.]

HOSPITAL BLAME

Dear Editor:

I don't agree with Jessie Hakalo, the writer of "Our Best?" [D & C, June] when she says she believes "the root of the trouble lies in training schools."... Too many girls enter nursing because they cannot afford the more expensive training necessary for some other job. I believe every nurse enters with good intentions. I for one did, and very much against my parents' wishes. I have worked hard for a very small remuneration, and almost every dollar I've earned as a nurse since I finished training has been spent on hospitals, doctors, and medicine in order to bring myself back to fair health.

Yes, indifferent and inefficient nurses are to be found in hospitals where inadequate salary, poor food, and poor hospital management prevail. My opinion is based on my own experience as a nurse—and a patient—at different hospitals prior to the war.

Incidentally, a good article does *not* have to be forced upon a nurse to be read!

MARGARET O. TIMKO, R.N.
Perth Amboy, N. J.

FORGOTTEN

Dear Editor:

I was very much interested in your July "Debits and Credits" department, with its several references to standards of living, working hours, and nurses' salaries. It corroborated my opinion that the nurse has been the forgotten woman and has not progressed with the times. Our leaders do not appear to be very much interested, nor do much about the situation.

The A.N.A. has ideals, but exerts very little effort to attain them. I feel if they had the interest of nurses really at heart, the eighty-four hour week for all private duty nurses would be a thing of the past, and all institutional nurses would have a straight eight-hour shift.

The opinions of your readers vary. One says, "We must follow our leaders no matter what they do." Another says, "Why don't we make the A.N.A. take an interest in us?" A third suggests that we should work for standards on our own, and still another asks, "What can unions do for us that the A.N.A. can't do?"

With regret, I would like to call attention to the fact that while the A.N.A. approves the eight-hour day, it was the progressive group that secured that same eight-hour day for the nurses of the municipal hospitals of New York

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Las Vegas: Roszama's Dept. Store
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Elizabeth: Bulfinch
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Haworth: Huber and Co.
Passaic: Stancher's
Paterson: Stancher's
Trouton: Bulfinch
NEW MEXICO
Albuquerque: Paris Shoe Store
Santa Fe: Plueger's

There will always be
THE CLINIC SHOE
REG. U. S. PAT. OFF. AND CANADA
for Young Women in White
TO INSURE BEAUTIFUL... COMFORTABLE... HEALTHY FEET
\$6.00 to \$7.00
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Lock of space prevents the listing
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Salt Lake City: Z. C. M. L. Dept. Store
VERMONT
Burlington: Wilson Clothing Co.
VIRGINIA
Newport News: Adams Shoe Store
Norfolk: Halheimer's, Inc.
Richmond: Miller and Rhoads, Inc.
WASHINGTON
Seattle: Frederick and Nelson
Spokane: Spokane Dry Goods Co.
Tacoma: Rhodes Bros.
WEST VIRGINIA
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Wheeling: Alexander and Co.
WISCONSIN
Milwaukee: Milwaukee Boston Store, Inc.
WYOMING
Cheyenne: Wasserman's Shoe Store

OUR PLEDGE: CLINICS WILL ALWAYS BE OF THE HIGHEST STANDARD OF QUALITY AND WORKMANSHIP IT IS POSSIBLE TO OBTAIN



**Fewer shoes—and lots more wear . . .
Of white-shoe headaches I'd my share!**



**The cure? At last I've found a honey—
It's Energine Shoe White for my money!**



**it goes on fast, and smooth, and neat—
The whitest white on any feet!**

Keep your white shoes looking new with Energine Shoe White. It cleans as well as whitens—takes just seconds to apply. Get the big thrifty bottle today. You'll quickly see why so many nurses are switching to Energine Shoe White.

**ENERGINE
SHOE
WHITE**



City. In no field of endeavor can one go very far without good leadership. I do not know wherein we fall short, but it certainly is a disgrace that nurses should still work inhumanly long hours, have no social security, or other reforms. What reasons can one offer for these injustices?

Now is the time to work for the reforms that R.N.'s are entitled to, so that nurses won't be in the dreadful plight they were in after the first world war.

Minnie E. Pike, R.N.
New York, N. Y.

WANTING

Dear Editor:

In a recent article in the *New York Journal-American*, Elsie Robinson said, "Wanting means more than wishing. Wanting means a ruthless searching of your own spirit until you find the one thing in life you can't do without—and then hanging on to that thing through hell and high water."

This philosophy really struck home because I had always wanted to be a nurse. But every time I thought I was ready to begin training, something interfered. Finally, when I reached the maximum age limit, I gave up everything else and entered a school of nursing. I had been fourteen months in training when a strep infection led to the amputation of a finger. At the time, I was in despair but subsequent events have proved that I was responsible for my finding the one job in life I love the best—pre-natal teaching. I was fortunate enough to become the first full-time teacher of pre-natal mothers' classes in New York's Department of Health.

Later I accepted a supervisory position in obstetrics but was not truly happy again until I returned to my chosen field. Now I am pleased and honored to be doing pre-natal work with soldiers' wives in connection with the Army Emergency Relief—not as an Army nurse, but as one selected by a group of volunteers for this particular job. If I'm not mistaken, this is the only

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BUY WAR BONDS AND STAMPS

"3 direct hits, sir—and 10 quarts of vanilla!"

An American bomber, raiding Germany, carried a can of ice cream mix in the tail gunner's compartment. After dodging flak and fighters, 6 miles up at 60° below, it was well shaken and well frozen.★

Safe back at base, they celebrated the raid as Americans usually celebrate—with ice cream! . . . Not just because it's delicious does ice cream appear so often on service menus. It's there because it's a valuable food, rich in vitamins and calcium. In the spirit of good sportsmanship, your family has reconciled itself to having less ice cream than before the war. For our part, we'll make as much ice cream as possible. We'll keep it pure and good.

And we'll continue—through war and peace—the constant research

that is producing notable new dairy products and other nutritious foods.

★Based on an actual incident, reported by *The New York Times*

Dedicated to the wider use and better understanding of dairy products as human food . . . as a base for the development of new products and materials . . . as a source of health and enduring progress on the farms and in the towns and cities of America.



NATIONAL DAIRY
PRODUCTS CORPORATION
AND AFFILIATED COMPANIES

September 1943

one of its kind in the Army. As our Colonel said, "You *are* in the Army!" That means I'm in the place I wanted to be.

If girls only knew how important it is to want to do a thing sincerely, they would get so much more fun out of work. Age makes no difference. It's the mental state that matters.

JESSIE B. WALLACE, R.N.
Brooklyn, N. Y.

COLD SHOULDER

Dear Editor:

Much has been written about the inactive nurse and why she has not returned to duty. Could it be that it is the fault of the hospitals?

In September 1939 I visited many hospitals in a large city in eastern Pennsylvania. The answers to my request for a general duty assignment were anything but tactful. One superintendent told me that I was too old (I was thirty-nine at the time). She also said that I had been out of training too long and could not

hope to keep up with the new trends in nursing. I had been out of training thirteen years and had been working most of that period. I had also had a post-graduate course five years previous to this interview. None of these facts mattered to this particular superintendent. Another superintendent said, "Oh, so you're married? I wouldn't hire you anyway except as a last resort." This was not the first time that I had been confronted with the terrible sin of marriage. I might also add that the salaries in this city ranged from \$40 to \$50 per month, none higher.

I can understand that if there were no need for nurses and there were no vacancies, I could not find work, and I also understand that any superintendent has the privilege of selecting her own nurses. But I resent some of the crude and tactless remarks about marriage and the "old" age of thirty-nine.

In the city where I now live I know other married nurses who have offered to work if they can have straight hours

DOUBLE-TIPPED

Q-TIPS

STERILIZED SWABS

Q-TIPS for Baby Care save precious minutes

Nurses avoid the use of hand-made swabs in infants care because such swabs are insecure, unsanitary and may cause trouble. And—the time it takes to make swabs could be put to better use today. Experienced nurses always use Q-Tips prepared swabs because they are uniformly made by machine, firmly secured to the applicator stick, and steam sterilized in the sealed package! Tell mothers about Q-Tips!

25c 50c—Sold Everywhere

Mfd. by Q-Tips, Inc., New York

Doctors, hospitals and health authorities generally give Q-Tips sterilized swabs high endorsement for infants uses—as proven by nationwide survey just completed.



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MUSCLES SPEED NEW LIBERTY SHIPS

Quick Relief for Tense, Overworked Muscles

THE MODERN RUB-IN



MINIT-RUB—counter-irritant, analgesic, decongestive—will help you to keep the sinews of America's manpower working more efficiently. MINIT-RUB acts promptly to wake up sluggish circulation and clear congestion. By reflex action it brings soothing, warming, refreshing relief beneath the surface. Valuable in simple myalgias and neuralgias; in local congestion of uncomplicated colds. Stainless, greaseless, vanishing and economical.

MINIT-RUB

Bristol-Myers Co., 18-RN W. 50th St., New York 20, N. Y.

Campho-Phenique



- Counteracts the itching and crusting of eczema
- Alleviates the pain of accidental minor wounds—also lessens the chance of infection
- Soothes the inflammation and assists the healing of pustular dermatosis.

These characteristics of Campho-Phenique explain why it is a satisfactory surface application for use in the treatment of dry or wet burns, pruritus senilis, athletes' foot* and earache.

*Campho-Phenique Borated Powder is also recommended.

JAMES F. BALLARD, Inc.
700 N. Second St. • St. Louis, Mo.

and they have been refused with the remark that it is impossible to arrange anything but broken hours...

Many superintendents should have food for thought in their past and present treatment of general duty nurses. I don't believe R.N.'s should be coddled, but a little practical psychology might help secure pleasant relationships in the hospital...

R.N., Cincinnati, Ohio

R.N. TO ARMY

Dear Editor:

Please discontinue my subscription as I am entering the Air Evacuation branch of the Army Nurse Corps. I have enjoyed the magazine and hope to receive it after the war.

You're doing an excellent job in keeping the civilian nurses posted on the opportunities in nursing and new advancements made in medicine.

R.N., Kansas City, Mo.

[Subscribers need not forego receiving R.N. when joining the armed forces. Just send in routine address changes and the magazine will be sent regularly.—THE EDITORS.]

LEADERSHIP

Dear Editor:

I have been re-reading the "Debits and Credits" letters, published in several past issues of R.N.—letters from nurses living in every part of the country about shortages, wages, living conditions, etc. of the general duty nurse. These nurses are dissatisfied with their lot; they plead for the attention and action of the leadership of our profession.

Has our organization given us the aid necessary to accomplish our aims? I think not. The nursing profession has come a long way, but, at present, progress in these particular concerns is detrimentally slow. If such an organization cannot keep pace in helping the nurse to scale greater heights in making hers a more satisfying, outstanding, and desirable field of work, then that organization has failed.

Will a union come to our rescue

R.N.

"Specialist"

PLASTER-OF-PARIS BANDAGES



HARD-COATED QUICK-SATURATING

Save time

No waiting for bandages to "soak." Myriads of tiny pinholes through hard-surfaced plaster coating permit instant penetration of water, saturating bandage completely in **only 3 seconds**. Setting time—5 to 8 minutes.

Conserve material

Hard-coated, non-dusting finish eliminates loose, falling plaster during handling. "3-second-saturation" minimizes plaster loss during immersion.

Make better casts

Uniformity of plaster coating throughout every inch of the "Specialist" bandage facilitates construction of uniformly strong, dependable casts.

HELP
YOU

Standardize on *"Specialist"* for
Streamlined Cast Technique

ORDER FROM YOUR DEALER

Johnson & Johnson
NEW BRUNSWICK, N. J. CHICAGO, ILL.



will our current leaders initiate some action to do for us what unions do for waitresses, clerks, and beauticians whose jobs are paying wages more in keeping with today's living than is nursing?

R.N., South Bend, Wash.

"RIGHT"!

Dear Editor:

The following item written by W. R. Storer, M.D. for The Chicago Tribune may interest other nurses as it did me.

"Ninety percent of the graduate nurses of past years are married and are not working. These nurses are available provided they are paid adequately. However, the salary of a graduate nurse is about half what she could make in a war plant. All hospitals with the possible exception of charity institutions are showing large profits at this time. I know of one small hospital which showed \$250,000 profit in the last year.

"The hospital problem will not be solved by administrators begging for volunteers, but by raising the hospital

scale of wages sufficiently to attract the thousands of nurses who are now unemployed."

Three cheers for Dr. Storer, a friend to nurses!

R.N., Richmond, Ind.

AGE LIMIT

Dear Editor:

I heartily agree with the opinion expressed by E. M. Kitnick [D & C, May] that the supply of nurses at home has not been tapped for the armed forces until the older nurse is recruited. Why should any nurse or, in fact, any person be discriminated against because of age so long as she is in good health, active and can work? I am one of the older nurses, employed by the Government for the past seventeen months, and in that time I have not missed a day's work nor have I been ill. I am past fifty, full of life, and in perfect health. I feel perfectly qualified to go on working at my job and I know that I will not miss as many days off duty as the younger ones in

"Nurse! Can't you do something for this awful itching?"



WHEN the bedridden patient cries out for relief from the maddening itching, burning or smarting of dry eczema, minor rectal or vulval irritation, sheet burns, chafing or similar surface conditions—what do you do?

Many nurses find Resinol Ointment a handy, soothing dressing for allaying such torturing symptoms. Read what two nurses say:

"Resinol is the best remedy I have used for vaginal irritation."

"I find no other remedy proves its equal in pruritus."

The soothing medication in Resinol Ointment has long-sustained action, as it is held in contact with irritated parts by the oily Resinol base. Thus it helps the patient to enjoy restful, lingering comfort, and so assists the natural healing process. Try it when indicated.

Resinol Soap is appropriately recommended for use with Resinol Ointment. It is pure, mild, refreshing, for cleansing tender skin.

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1 1/4 oz. and
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GERBER'S STRAINED OATMEAL was developed specially by qualified infant nutrition specialists in the Gerber laboratories. It is made solely in our plant under strict supervision and ideal manufacturing conditions.

HERE ARE THE FIVE MAIN ADVANTAGES OF THIS CLINICALLY SUCCESSFUL CEREAL:

1. **NOURISHING VALUES.** This cereal is fortified with Vitamins of the B complex as well as iron.
2. **LOW FIBRE CONTENT.** This cereal is processed to be suitable for the delicate intestinal tract of infants as young as three or four weeks. The percentage of fibre present in the dry cereal is exceptionally low. When mixed with milk, it is even lower.
3. **SMOOTH CONSISTENCY.** When infants are first given cereal, consistency is very important. Gerber's Strained Oatmeal has been developed to mix to a smooth, creamy consistency.
4. **APPETIZING TASTE.** Special attention was paid to the taste of Gerber's Strained Oatmeal. Infants appreciate that good flavor!
5. **EASY TO SERVE.** This cereal is pre-cooked. Simply add hot or cold milk or formula according to the consistency desired.

Iron and Thiamine Values of Gerber's Strained Oatmeal

	Thiamine mg.	Iron mg.
Minimum daily requirement	0.25	7.5
Recommended allowance	0.4	7.5
One ounce Gerber's Strained Oatmeal	0.37	12.0
Calories per ounce: Gerber's Strained Oatmeal 110.		



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this same Government office.

Surely there is some place in Army hospitals at home, if not abroad, for the older nurse and it is time this be recognized. If the training of too many young nurses continues, the field is going to be overcrowded, as it was before the war, and no one will find lucrative employment. I should like the opinion of other nurses on this subject.

MARY E. NORLING, R.N.
San Francisco, Calif.

[Present day needs require the services of both young and old. That the Army sets its age limit for enrollment at 45 is no indication, however, of discrimination against older nurses. Many women in the A.N.C. are over 45, having reached that age in the service. Object of recruiting younger women is to take advantage of their greater capacity to adjust to military life, their greater physical stamina, and the opportunity to "grow up" into Army methods. Civilian services are in dire need of the older nurse today with ample opportunity for all to contribute to the civilian phase of wartime nursing.—THE EDITORS.]

NURSE'S PRAYER

Dear Editor:

In "Ask Miss Torrop" [R.N., May], someone asks where a copy of the Nurse's Prayer may be obtained. I have an appropriate framed prayer (8½ by 10½) which is beautifully hand-painted and was obtained from the Magnificat Press at 135 Laurel Street, Manchester, New Hampshire. For further information I would advise writing to the above address, c/o Sister M. Ignatia.

R.N., Waterbury, Conn.

[Other readers have been kind enough to send in the following sources where various nurse's prayers may be found: Letskus, Jenkins Arcade, Pittsburgh, Pa.; Casterline Cards, Eden, New York; J. N. Adams Department Store, Buffalo, N.Y.; R. L. Bryan & Co., Columbia, S.C.; Miles Card Shop, 42 Winter St., Boston, Mass.; Foley & Dugan Co., 71 Richmond St., Providence, R.I.—THE EDITORS.]



"The average dose of acetylsalicylic acid is stated at 0.3 Gm.; but three times that dose may safely be given to any excepting an allergic adult . . . Of all the analgesics, acetylsalicylic acid is probably the safest and most efficient, provided there is no idiosyncrasy."

Journ. A. M. A. Queries and
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This message to physicians is reproduced primarily for its instructional import to the nursing profession.

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R.N.

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Your patients will depend upon you to help them select foods so that their ration book "points" will yield the best nutritional return.

When supplemental vitamin B complex is indicated, may we suggest Wyeth's Elixir B-Plex; each teaspoonful contains the water-soluble active constituents of 60 grains of high grade brewers yeast, the richest natural source of the whole vitamin B complex.



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Memo from the Editor

HOSPITAL managements and the magazines in the management field are reporting that some 3,000 nurses a month are leaving civilian hospitals to join the armed forces. Figures from the military services do not quite back up that contention, but it is undoubtedly true that many nurses are engaged in an exodus from civilian hospitals, W.M.C. rulings to the contrary.

We believe this is proof enough that the "freezing process" has failed to work in the case of nurses so far as movement from one job to another is concerned. Next question is whether or not the ruling, which has apparently failed to control job shifting, will succeed in preventing work changes which involve higher salaries or better opportunities regardless of the essential nature of the position.

Many aspects of the W.M.C. ruling are confusing nurses. One in particular is the propaganda circulating in some hospitals to the effect that civilian nurses may not leave even to join the Army or Navy without permission of the hospital management or a W.M.C. decision that the civilian employment is non-essential. We have been assured that is neither the purpose of the ruling nor an accurate interpretation of it.

A.N.C. headquarters sends this information: Under Procurement and Assignment Service, local committees comprised of nurses are being formed to evaluate each nurse in her own community. Those considered non-essential must show cause why they do not join the military. Those determined essential will not be accepted by the Red Cross for Army or Navy service unless the applicant becomes very insistent. In the end nurses can do as they please, for pressure and persuasion are the only weapons the P.A.S. has to work with.



On Being a Chief Nurse

BY LIEUT. GRACE B. LALLY, N. N. C.



A CHIEF nurse is often weak in the knees. She's scared, like the girl on the mat in front of her. In fact, she's more scared, because her advice, like "Mr. Anthony's" Sunday radio capsules, may influence too greatly or not enough. Her inadequacies are caught in the spotlight of many eyes and are especially reflected in those of the nurses she directs. And in the final analysis, it is in the candid eyes of her staff nurses that a chief nurse succeeds or fails.

Just being a chief nurse or a supervisor or even a superintendent is no sign of infallibility nor an excuse to be holier than thou. I've never yet had a girl come to me with a problem that, under the same circumstances, might not have baffled me. And, if I start to feel unusually cocky, I always remember Pearl Harbor.

Stunned, shocked, incredulous—like everyone else by the Japanese attack—my mind raced crazily. It flashed back to the sinking of the Titanic where the orchestra had played "Nearer My God to Thee" until the great ship keeled over. Now one of my nurses was verging on hysteria and I thought,

"Shall I sing hymns to her or slap her?"

Apparently, and fortunately, I did neither. The girls said I went around handing out hot coffee as if I were hostess at a party. Personally, I can't recall either speech or action in those

first few moments while the forces of Hell shattered that lovely harbor, and the sea itself seemed to burst into flames.

When the first attack was over, but while fear of the Japs returning was strong in all of us, I kept repeating to myself,

"You're the chief nurse. You can't be afraid. You can't let the girls down. You can't let the Navy down." I guess I was more afraid of shirking my duty than of those devils' bombs. After all, twenty years in the Navy gives one something to live up to.

Before we knew it, within minutes of the time the first bomb fell, everyone aboard the Solace was at work, preparing for the first American casualties of World War II. But after eighteen months I still worry about those first muddled thoughts of mine—"to sing, or to slap." Seems to me a really good chief nurse would have had an apt phrase on her lips as well as a pot of coffee in her hand!

I've never heard of a recipe guaranteed to produce an impeccable chief nurse, but I can spot some of the ingredients that make a bad one. Intolerance, smugness, jealousy, bitterness—to name a few. They're the demonastrations that ride all of us at times and beware the lass who says she's completely free of them!

There's an unwritten code for chief nurses that is above and beyond regulations. Stated briefly it might be:

"Give people a good standard to live up to; then trust 'em."

We in the Navy set our standards very high. They are based on a tradition of service to a cause above self. Landlubbers sometimes laugh at the seemingly endless polishing of brass and swabbing of decks, but into this work the sailor puts more than mere elbow-grease. In it he puts an unlimited supply of the pride he feels in his ship. She is an animate thing to him, a living symbol of the Navy itself. Well, Navy nurses don't polish brass, but they express an identical devotion



in their professional treatment of patients, in teaching and directing the corpsmen under them.

Sometimes newcomers, "boots" we call them, are not immediately aware of N.N.C. standards. Here is an opportunity for the chief nurse to make them clear to the staff member involved and, of course, give her a second chance.

This brings up the moot subject of "crime and punishment," and a quick lesson from the Chinese. Never humiliate anyone by censuring him in front of a third person or "he loses face and you lose face." Disciplinary problems should be ironed out in the privacy of the chief nurse's office or room, and the superior should take the attitude that the accused is innocent until proved guilty. Not so long ago one of my nurses was reported to have done something unbecoming a Navy nurse. She and I sat down quietly to discuss the matter. Circumstantial evi-

dence was all against her, but she told a straightforward story and her eyes were honest.

"Why, you *believe* me, Miss Lally!" she said at the close of the interview.

"Of course," I said. "The same thing happened to me once. It might easily happen again."

A chief nurse's quarters can become something of a Grand Hotel, unless traffic is regulated. I favor the open-door policy for emergencies at any hour of the night or day and for purely social visits. But routine business with my nurses may only be conducted in my office where I am on duty from eight to five. And even in office hours tale-bearing is definitely tabu. Nurses are grown up, aren't they?

I've heard of chief nurses with a "mama" complex. They order uniforms for their staff, buy shoulder-marks and insignia for them. Sometimes they even sew them on. They question the nurses' comings and goings and cluck at their heels like worried hens. As if a graduate nurse weren't capable of buying her own clothes, dressing herself properly, and tacking stripes to a cap or shoulder! Out in the war zone the girls *have* to stand on their own feet and, like the Boy Scouts, they'd better be prepared.

Girls who wear the Navy uniform wear it proudly. I believe they wear it with dignity whether on duty or off so I shall continue to say, as I said to my girls on the Solace, "Go where you like; do what you like. Act as ladies act and make the N.N.C. proud of you. And have fun!"

Fun is such an important element in all our lives. It's the best antidote against bitterness, weariness, and even fear. Laughter sometimes rocked our ship in the Pacific—the deep, hearty laughter of sick men and maimed men with the courage to laugh, even

when the joke was on them. In war men and women laugh to keep from crying, to restore sanity and proportion to a nightmare situation. I remember the one Pearl Harbor "casualty" among the Solace crew. One of the doctors, not quite so young nor so slim as he had been in World War I, scrambled from a tender up the Jacob's ladder in the thick of the attack. Sailors stood ready to haul him over the side but in his haste he hit the deck like a great frog, receiving painful friction burns across his chest and abdomen. Within five minutes he was at his post and remained there until the last patient had been treated. And, in the laughter that dogged his undignified sprawl on the deck, his voice was raised the heartiest.

Girls, especially, like to look forward to a good time, to plan ahead for a date or party. Perhaps they want to wash their hair, buy a new lipstick, or give an extra shine to a set of brass buttons. Therefore, a considerate chief nurse should plan off-duty schedules way in advance. At Bethesda I have 133 nurses. Two-thirds are on duty every Sunday; one-third is off. Free Sundays are posted a month ahead of time. I can't understand why a system of this type cannot be the rule rather than the exception.

As chief nurses, we should appreciate that all rules are elastic, that the

essence of the law can sometimes be more important than the *letter* of the law. At a dance recently, a flock of my girls were dancing stiffly with their uniform caps on—visors imperilling the eyes of their escorts.

"Take 'em off," I said. "You'll be much more comfortable!"

No regulations—excepting Herr Hitler's—were ever designed to make a person look ridiculous. The uniform, for example, is a badge of honor, not a device to make one miserable.

Nurses, doctors, corpsmen—we're only needed because of the patient. To some health workers today, the patient seems to be the "forgotten man," buried under a weight of organizational and scientific data. To me, he is not only my Navy job, but a human being to whom I want to devote my utmost skill and devotion. As a chief nurse, then, my primary job is to keep the nursing machinery so well oiled that the patient will receive full measure of the finest care available. The "oil" might well consist of humor, trust, and understanding as well as discipline and efficiency. Above all, I see the chief nurse as the champion of each member of her staff. When I remember the courage and loyalty of the Navy nurses I have worked with in the past and those I am now working with, I wonder how it could be otherwise.



NIGHT WIND

The night wind wakes me when it purrs
Like some vast feline in the firs,
Howlingly, chases round the house,
Then plays a quiet game of "mouse."
Just as I fall asleep, I'm bitten
Awake by mewing of a kitten,
A kitten wind that undenied
By open windows crawls inside.

—JANICE BLANCHARD, R.N.

Your New Income Tax

PART 2—THE MILITARY NURSE



THE special service personnel tax relief provisions of the Current Tax Payment Act have in effect wiped out all tax liability for 1942 and 1943 for military nurses in all but the highest ranks.

The act provides that 75 to 100 per cent of the 1942 tax liability of civilians shall be abated, but the amount of the 1942 tax liability of members of the armed forces which is forgiven is even greater.

The nurse in service will have forgiven all of her 1942 tax which is based upon earned income not in excess of \$14,000. For the purposes of the act the first \$3,000 of income from any source is considered to be earned income. In effect, therefore, the new law removes completely any 1942 tax liability for all service personnel except those who received large salaries in civilian life or who have extensive investments.

In regard to her 1943 income, in addition to the personal exemption, credit for dependents and the earned income credit, the nurse in the service, like all other members of the armed forces regardless of rank, is entitled to a special tax exclusion of \$1,500. This \$1,500 replaces the exclusion of \$300 for married and \$250 for single personnel below grade of commissioned officer which was granted by the 1942 Revenue Act.

A single nurse, therefore, with a personal exemption of \$500, may take

a service exclusion of \$1,500, exempting \$2,000 of her pay from tax. A married nurse who takes the entire personal exemption of \$1,200, has \$2,700 of her pay exempt from tax.

As members of the Army and Navy Nurse Corps know, allowances are not included in taxable income. Only pay, including increases for longevity and the like, is liable to tax. Accordingly, few service nurses will pay any income tax for either 1942 or 1943.

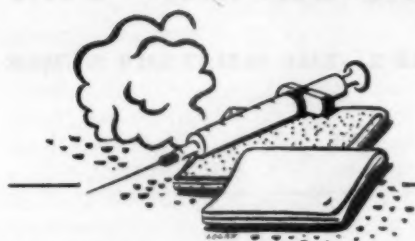
Those who have a 1943 tax liability remaining after taking the special service exclusion and personal exemptions, find in most cases that the tax payment they made on March 15, 1943 for one-quarter of their 1942 tax, is sufficient or more than sufficient to liquidate the 1943 tax liability to which the March 15 payment under provisions of the law is now applied, instead of to the 1942 liability. Those service



nurses who found that the March 15, 1943 payment was sufficient to liquidate the entire 1942-43 income tax liability, were permitted to file a statement to that effect on June 15, 1943 instead of paying the usual quarterly tax installment on that date—an installment [Continued on page 84]

A New V. D. Problem

BY ALLEN KLEIN, PHAR. D.



AMONG venereal diseases *lymphogranuloma venereum* ranks third in prevalence. Only syphilis and gonorrhea have a higher rate of incidence. And yet the average nurse knows very little about this disabling infection which has cost the nation so much military and industrial manpower. But this is to be expected as the medical profession itself has but recently begun to understand its widespread nature and seriousness of permitting it to spread. A powerful drive has been initiated by public health authorities designed to arouse a greater awareness in the layman and physician concerning the importance of early detection and treatment of the disease.

Lymphogranuloma venereum has also been called lymphogranuloma inguinale, lymphopathia venereum, tropical bubo, climatic bubo, and Nicolas-Favre disease. Once considered almost strictly a tropical condition, it is now known to be widely prevalent throughout the world and to affect all age groups. Transmission is chiefly via sexual intercourse. However, children have contracted the condition by contact with diseased parents; laboratory workers and surgeons have also been accidentally inoculated merely by simple contact. The nurse should bear this fact in mind.

The organism causing lymphogranuloma venereum was formerly thought to be ultramicroscopic. It has

now been shown to be readily visible under the microscope as a virus which somewhat resembles the viruses of psittacosis, meningopneumonitis, and that of atypical pneumonia. It appears in the form of cytoplasmic granules in the lesions of L.V. of man, in the brains of infected monkeys and mice, in the choriollantoic membrane and yolk sac of the developing chick embryo.

Diagnosis of lymphogranuloma venereum rests on clinical and laboratory evaluation. Two or three weeks after exposure to the causative agent the primary lesion appears—a small painless papule or herpetiform vesicle which may go unnoticed. At the same time, or some weeks later, unilateral or bilateral involvement of the inguinal glands occurs. With this lymphadenitis there may be malaise, fever, anorexia, rheumatoid pains, as well as an eruption resembling erythema multiforme or erythema nodosum. Upon increase of inguinal swelling, the skin over the affected area reddens and becomes tense. When untreated, suppuration may result and lead to multiple chronic fistulas which, in turn, may become secondarily infected by various germs. Elephantiasis of the penis and scrotum may occur in the male, and of the vulva in the female. The anorectal region frequently becomes involved with subsequent inflammation of the mucosa, suppuration of pelvic nodes, formation of fist-

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ulæ and, progressively, elephantiasis and rectal strictures. The bowel wall has been known to become so scarified and impassive as to require colostomy. Fistulo-in-ano, pararectal abscesses, and granulomatous perianal masses are not uncommon. The disease is seldom fatal but after several years arthritis develops in about 10 per cent of the patients, in the wrists, fingers, elbows, ankles, and knees.

Until lesions are well developed, L.V. is often difficult to diagnose as symptoms may be confused with those of syphilis, granuloma inguinale, chancroid, and sometimes even tuberculosis. Early detection, as in so many other conditions, means earlier institution of treatment and greater possibility of more prompt recovery. Therefore the discovery by Frei, in 1925, of a diagnostic antigen marked a long forward step in helping to control the disease. He found that diluted and inactivated material obtained from unruptured bubo of a lymphogranuloma venereum patient, when injected intradermally, gave rise to a skin reaction in persons having the disease, with no signs in normal people. Such an antigen presents the disadvantages of non-uniform virus potency and the danger of other bacteria being in the human pus from which the antigen is made. Another advance in diagnosis then was the appearance in 1934 of an antigen made from the brains of infected mice.

Just recently, however, a new antigen, lygranum, has been developed in the laboratories of one of the large pharmaceutical houses. Lygranum seems to be the most effective and dependable product yet obtained for differential diagnosis of lymphogranuloma venereum. It is of a high and uniform potency, and consists of a sterile and inactivated suspension pre-

pared from virus-infected yolk sacs of developing chick embryos.

The skin test with lygranum is performed by injecting 0.1 cc. intradermally into the flexor surface of the arm. The reaction is read in forty-eight to seventy-two hours. A lymphogranulomatous patient will exhibit a reddish papule 6 mm. or more in diameter, surrounded by a fainter erythematous area of varying size. As the most important part of the skin



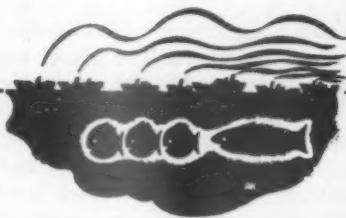
reaction, the papule must be measured by millimeter scale. Strongly positive reactions may have a papule surmounted by a vesicle or pustule which may break down and form a crust.

A number of investigators have reported lygranum as superior to mouse brain antigen in diagnostic sensitivity and specificity, offering "more delicate appraisal of the progress of the disease than is now possible."

Up to a short while ago no satisfactory method of treatment for the disease was available. Frei antigen, given over a period of months, was not too reliable. Antimony and potassium tartrate, and roentgen rays, were largely ineffectual. Extirpation by radical surgery helped in some cases.

But once again, as they have in so many other conditions which were not amenable to treatment, the sulfa compounds came through with flying colors. As reported by Grace, "Treatment of the disease with certain members of the sulfonamide series, notably sulfanil- [Continued on page 80]

BY DOROTHY SUTHERLAND



At Home with the Navy

MILITARY nursing in wartime suggests assignments overseas, bedside care under fire, or—in the case of the Navy—treating the sick and wounded aboard a hospital ship, following the fleets in one or both of our oceans. Sometimes forgotten is the work done by military nurses at home—how they live, and what they do, the Corps spirit which makes for efficient service. This is the story of Navy nurses on duty in the United States. It is typical of what thousands of girls are doing on the home front.

New U.S. Naval hospitals have been springing up from coast to coast in the past year or two. One of the best staffed and best equipped is the hospital at St. Albans, New York. The hospital was commissioned in February 1943. Expansion has been continuous, and this fall the hospital will hit its full stride as a center concentrating on getting fighting men back in the fight. Some of the Navy's most prominent specialists are on the staff. Its C.O. is Captain Lester L. Pratt, (Medical Corps, U.S.N.) and its Chief Nurse is Lieut. Commander Anne Keating. At present there are 41 wards with more than 1,800 patients. By winter there will be 31 more wards, boosting the normal bed capacity to 3,000. The hospital area is so large that it takes one nurse two hours to make rounds.

At St. Albans, as at all Naval base hospitals, the chief function of Navy nurses is to supervise corpsmen, to teach nursing to corpsmen, and to special very sick patients. The majority of St. Albans' 225 nurses are assigned to wards. About

eight spend their full time teaching corpsmen and 44 Waves. Six nurses work in the chief nurse's office. Each ward has a head nurse with two or three younger nurses as assistants. These younger women work under supervision until they have learned ward routine and are then made ward heads. Unlike the setup in many civilian hospitals, each nurse is assigned to the work she likes and is best qualified for, progresses gradually from a small ward to full charge of a busy one. There are usually six or eight corpsmen also assigned to a moderately busy ward.

Instruction of corpsmen is designed to equip these men to work at sea without nursing supervision. In six weeks time, of which about 120 hours are devoted to nursing instruction, corpsmen learn these nursing techniques: Collection of specimens, care of equipment, administration of medicines, pre- and post-operative care, surgical technique and dressings, medical and communicable diseases, cardinal systems, bed baths, enemas and catheterization, hypodermics, E.E.N.T. care, blood pressure, restraints, care of dead and dying, and ward management and ward routine.

All nurses who instruct corpsmen have had teaching or comparable experience before entering the Navy. The Navy provides a short orientation course, but most Naval teaching technique is acquired by observation and consultation with nurses and doctors familiar with the systems in practice. Navy code of responsibility for self is instilled in the same fashion—never by textbook or lecture.

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In true Navy tradition, operating rooms are shining and spotless. St. Albans' equipment is new and modern with O.R. designed for maximum efficiency of surgeons and nursing staff. (*Above.*) Nurses and pharmacist's mate assist at a hernia operation. Note that infusion is under way while surgeons are operating.

Nurses with specialized training are assigned to physiotherapy, O.R., and eye-ear-nose-and-throat work. St. Albans' large physiotherapy department is divided into sections providing a variety of treatments. Each section is equipped with treatment tables and latest scientific devices. (*Left*), Lt. (j.g.) Anne Welsko applies short-wave diathermy to a patient with low back pain.

September 1943

WITH THE NAVY

(Right.) Back from Tunisia, patient enjoys foot massage. Involved in a landing operation, he was blown from a 60 foot wall, avoided landing head first by doing a somersault in midair. Result—compound fracture of both legs and complete destruction of the arches of both feet. Ward nurses are pleased because he can now wiggle the toes of his left foot, showing that muscles and nerves are still intact. The knee section of his right-leg cast was removed before he left Africa, autographed as a keepsake by entire medical personnel of his unit. Note rope with large loop and expert sailors' knots. He made it himself and likes it much better than the two handles on the Bradford frame ... Constant and expert care may ultimately restore the use of this boy's legs.



(Above.) Whirlpool baths are big feature of St. Albans' physiotherapy. Hydro room contains stainless steel tubs and massage tables. Large, deep tub provides water massage for injured legs and shallow tub is used for hands and arms. Valves regulate circulation and temperature. This treatment is prescribed wherever passive muscle exercise is needed, especially in the rehabilitation of fractures, muscle strains, and arthritis.

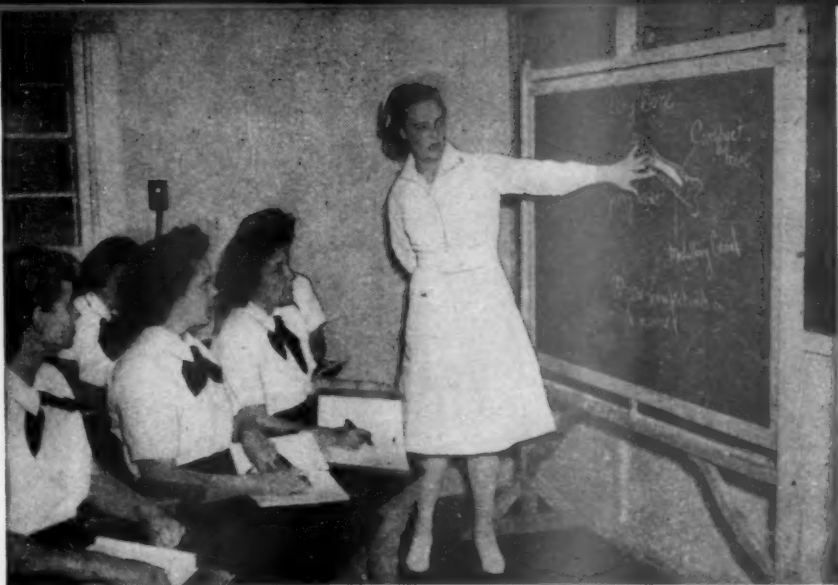


(Right.) Breaks and fractures are frequent Navy casualties. Popular treatment is by Stader Splint, the new form of traction which permits patient to use the injured limb during the healing period. Pins are driven directly into the bone and traction supplied by adjustment of screws which pull the outer edges of the splint toward the center. Here Ensign Charlotte Mathews shows corpsmen how to change a dressing, having first applied one of the sulfa drugs to the wound surface.



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R.N.



(Above.) Anatomy lectures come early in hospital corps course. Ensign Ruth F. Davis, a reserve nurse, spends full time teaching Waves. In addition to Wave trainees, St. Albans employs 62 hospital corps Waves. Most of these girls are in early twenties, chose hospital work as a preferred service. They respect nurse supervisors, have expert manner with patients, are enthusiastic about Navy.

Wave officers and petty officers eventually work with patients in occupational therapy and allied rehabilitation projects. With ensign instructor, these men are making models of portable hospital buildings and other props which were used in Navy nurse recruitment exhibit in New York in August. Up-patients enjoy this kind of work, become quite adept at wielding saw, paint-brush, and glue pot.

R.N.

WITH THE NAVY

In her first week on ward duty, Wave Virginia Weiser learns how to give medication to convalescent pneumonia patient. Ensign Mabel Cote, also new to Navy, first explains technique, demonstrates, and then supervises. Waves and corpsmen are impressed with importance of following instructions accurately.

Men with a yen for building things can always find a sympathetic nurse to encourage creative tendencies. Favorite project is construction of plywood P-T boats, made to perfect scale and accurate in every detail. (Right.) William Benzavitch, F 3/C, convalescent in T.B. ward, won a prize with this model, now permanent exhibit in the C.O.'s office.



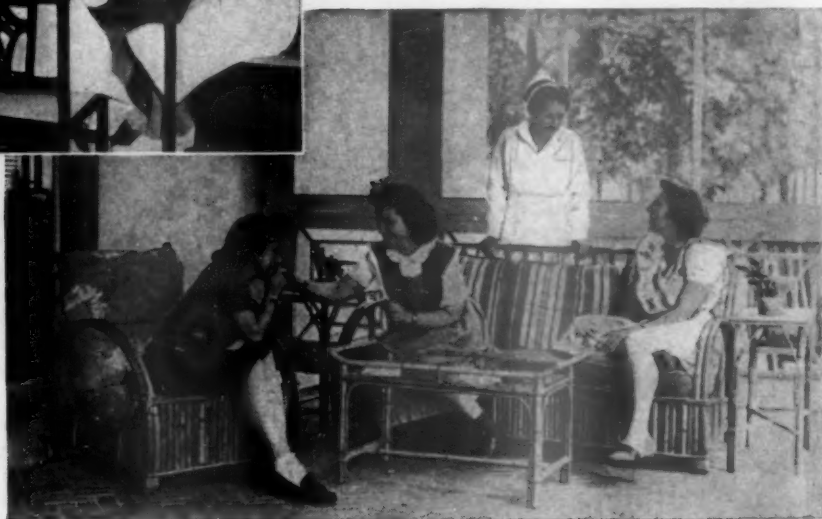
(Left.) Nurses are meticulous in instructing corpsmen on the precision required for pouring medications. Average corpsmen takes great pride in conscientious obedience to orders. Paul Henderson, H.A. 2/C, on duty with Ensign Dorothy McAleer, is responsible for ship-shape medicine locker. Cabinets like this are standard on all wards.

WITH THE NAVY

(Below.) St. Albans nurses live in a large, colonial type house, with comfortable living rooms and large porches and terraces. Attractively furnished, the main living room provides corner nooks where nurses may read or listen to records, or gather nightly for bridge.



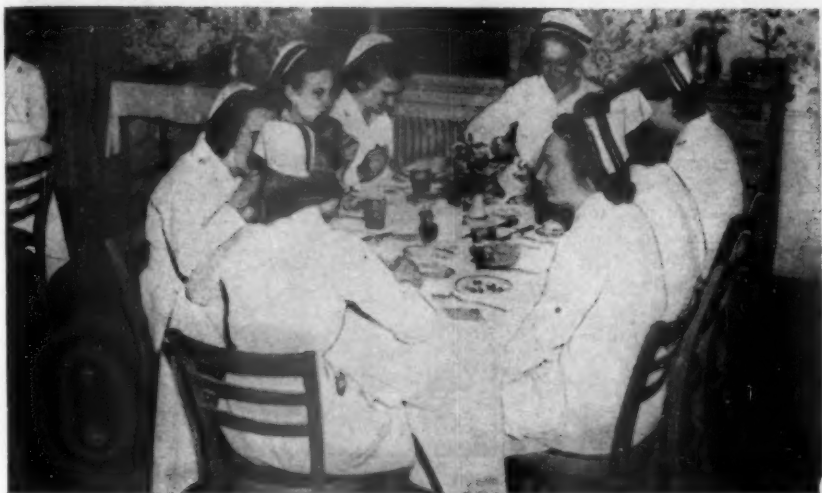
At mess call, nurses flock to dining room. Just inside the door a large table is set with individual napkins in each girl's personal napkin ring. Selection of napkin rings shows expression of hobbies and other interests—many are gay-colored anchors, ship's wheels, eagles, dogs, cats.



Navy believes that pleasant surroundings, freedom to use quarters like one's own home, are essential to well-being of every nurse and morale of corps. St. Albans' several porches, terraces, game

rooms and beau parlors are well lived in. Girls may wear civilian slacks or play clothes informally "around the house." All are encouraged to relax when off duty, to go out or entertain frequently.

R.N.



Dining room seats 80 to 90 nurses at one sitting. Tables are blonde maple, set with crisp white linen, carefully selected silver, and fresh cut flowers. Girls are not required to sit at the same table each mealtime, but each nurse must take her

turn at sitting at head of table, acting as hostess. Nurses have 45 minutes for mid-day meal, one hour for dinner, may smoke at table if they wish. Food at St. Albans, as at most Naval hospitals, is excellent and plentiful.



Chief nurse Keating (far left) makes friends of her staff, frequently joins small groups for after-dinner discussions, becomes life of party.

Nurses like her because she has a

keen sense of humor, is firm but fair in her administration. Her strong points are assignment of nurses to suitable posts, conviction that nurse deserves time to play as well as work.

September 1943

Grand piano is important fixture in living room. Many of the girls can play and the piano becomes the center of after-dinner groups most evenings. Music never seems to disturb the card players *or girls-with-a-book. Entire staff gets along well together, is tolerant of group wishes, will shift from piano to radio or to terrace depending on majority interest.

No small factor in excellent nursing morale at St. Albans is typical bedroom. Most girls have private room, basically like this one. Bed is comfortable, desk in blonde maple is attractive and practical for work or study. Although without adjoining baths, each room has modern wash basin and medicine chest. Each contains dressing table and mirror, dresser or chest of drawers, and a large clothing closet.

Part of Navy nurse's training includes drill, one or more days a week. After going off duty at 3 p.m., nurses "parade" under the eagle eye of Marine drill sergeant. Tired or not, they accept drill philosophically, dash to the coke machine when dismissed. It's all part of the good humored cooperation that makes Navy nursing a top career.

WITH THE NAVY

Photos: Anne Goodrich, R.N.



"Ask Miss Torró"

Q. *I have one year of high school credits. Can you recommend a school where I may complete the remaining three years?*

A. The town in which you reside has an interested person in the principal of the high school. Make an appointment to talk over your problem. He will suggest the nearest night high school course and tell you how long it will take to obtain that coveted diploma. Good luck, and keep at it!

Q. *Can you advise me regarding courses in Industrial Nursing and how to obtain a position in this field?*

A. You can obtain full information from the American Association of Industrial Nurses by writing to the corresponding secretary, Miss Elsa H. Lundstrom, R.N., Liberty Mutual Insurance Co., Boston, Mass. We are glad that you feel that special preparation is necessary for this important field of nursing.

Q. *As a nurse new in the industrial field, I should like to know what the average salary is for a six-day week. Should the nurse have other clerical work in addition to her regular record keeping? The concern by which I am employed has two registered nurses. We have no regular doctor. The monthly average of patients is two thousand. Both my employer and my associate would like your opinion.*

A. We felt your question merited the advice of an expert and this is what the president of the American Association of Industrial Nurses has to say: "We feel that the basis for salary for an industrial nurse should be the same as that of supervisors of plant departments according to the responsibilities involved, and the qualifications, including experience,

which are required. The industrial nurse's salary is based on a *forty hour week* with time and a half for all time over forty hours. It is recommended that a job analysis be made, as duties and responsibilities vary in all plants.

"With an average of two thousand cases treated monthly we feel that a nurse has sufficient clerical work in keeping adequate sickness and accident records, plus her daily and monthly reports.

"We refer the writer to the 'Manual of Industrial Hygiene,' prepared by Division of Industrial Hygiene, U.S. Public Health Service, and published May, 1943, by W. B. Saunders Co., Philadelphia. This is particularly recommended for management. Page 66, Chapter 5, *Nursing Services*, is excellent information for every industrial nurse to have, as only industrial nurses served on the Advisory Committee and prepared the recommendations."

I wonder if you are a member of The Industrial Nursing Section of The Connecticut States Nurses' Association?

Q. *I am working as an industrial nurse. Is it true that because this is a defense plant that I am "frozen on the job"? I want to follow my husband on his service transfers. Can you refer me to sources of information on hospital positions?*

A. We have expressed regret before that so many nurses are moving from place to place and attempting to set up temporary nursing connections. You may move from one essential nursing job to another, provided no salary increase is involved but must obtain a release from your present employer. Communicate with the local nursing registry when you settle down again. Hospital positions will be listed.

"Dear Jill—"



FALL comes, they say, six weeks after the first locust begins singing. He began in the water maple in our back yard early in July and now, sure enough, there is a hint of autumn in the air. This is not at all like the Augusts you have known. Nor at all like the summers we knew before you went "up front with the boys."

Remember good old 1941 when dog days meant easing up on the job and people didn't seem to get as sick as they did the rest of the year? Remember jumping into the car for a week-end at the shore, dinner out under the trees and stars at the French Villa, dancing on the cool Regency Roof, with no rounds to make, no charts to watch, and no dressings to change till Monday morning? Remember the long vacations—that cabin back in the hills and the trout stream, the ranch and the chestnut mare you used to ride every morning, the cruise to the Indies, the feel of a ship and the smell of the sea in peacetime?

War has changed all that. But it is good to remember things as they were, things as you want them, for they are part of the freedom we fight for. Peace, we have to remind ourselves, is more than the end of killing, maiming, and destruction. It is the return to a way of life where our souls have time and space to breathe.

Peace, let us not forget, is also a job far from bullets, a home of our own, ice cubes in the refrigerator and

hot and cold running water, breakfast at noon on Sunday, and steak and not Spam for dinner.

* * *

Many of us have the idea that there can be no peace without Russian cooperation. Soviet cries for a second front seem a little redundant, however, when our men have spent thirty-eight days taking Sicily and longer to drive the Japs out of the Aleutians. Although Tojo may have been the little man who wasn't there at Kiska, we have few illusions that that could also be true of Joe Stalin at the peace table. Russia, we think, needs understanding—and observation.

* * *

An enormous amount of friendliness and humor went out of circulation this month when Yale professor and author William Lyon (Billy) Phelps died. Book critic Harry Hansen wrote a fitting epitaph. Phelps, he said, "took it for granted that men could appreciate the best if told about it."

* * *

SOME of your letters hint that you think all the Wolves are overseas. Uh-uh, Jill. Ever try being an Unattached Female at home during wartime? The boys who stayed home have the crazy notion that any man is better than no man at all. Well, most of us are darned glad for a date once in a while—but we've still got a few ideas about standards. Oddly enough, one thing has changed. The men we meet

R.N.

on trains these days are anything but the traveling salesmen of old. They are friendly and gay, gallant and undemanding. They can afford to be . . . because they know we are never going to see them again.

* * *

EVEN now we hear there will be a severe beef shortage this winter, but most of us have forgotten what the darn stuff tastes like anyway. Housewives are stretching hamburgers with cornflakes; pure, unadulterated red meat is becoming as rare as the Indian. Funny how you get out of the habit of things. Now that coffee is no longer rationed, we have to rediscover the instinct to pour out a second cup. Most of us have learned a few new tricks in the kitchen and are experimenting with zucchini and soup greens—not just because most vegetables are so expensive but because it would be nice to find something with a flavor not like a stringbean or a carrot. We hear, by the way, that you girls are going to have plenty of turkey for Thanksgiving. At the same time, O.P.A. warns us civilians not to pay over 44 cents a pound for dressed poultry. Well, there are plenty of Americans who would still pay twice that just to have the traditional bird on the harvest table. But there will be little chance for blackmarketing of gobblers; practically all are being shipped overseas to you, bless the gov'mint. For us, a nice dish of shark meat, now greatly in demand on the east coast, and some of those New Jersey tomatoes rescued by 3,000 volunteers and 600 Ft. Dix soldier-pickers. And Thanksgiving for small favors! Our farmers still need help—some 750,000 volunteers this fall to harvest America's bumper crop, these to supplement the army of eleven million regularly employed farm laborers.

September 1943

Also on the rustic side: There were 66 granules of ragweed pollen per cu. yd. of air in the hay-fever belt on August 21st. So cheer up; maybe red dust isn't the worst thing after all.

* * *

Some of the news reports coming back from Sicily show pictures of Army nurses in action—the honey of the lot is a shot in an operating tent with evac nurses and surgeons at work. O.R. tables are boards laid on wooden horses, one beside another, and there's an odd kind of prayerfulness about the scene; every nurse and every doctor stands with head bowed over the work to be done. With a dozen heads in the picture the effect typifies complete professional absorption.

* * *

MEANT to tell you last month: If some night the west wind should happen to breeze in bearing the distinctly American clatter of a million female voices, it is not a lost sound wave from a thousand Schrafft dining rooms at the rush hour. It's the personified voice of the Younger (female) Generation, shrieking adoration for the latest blitz pin-up boy, Frank Sinatra. From Major Bowes to big-time network broadcasts he sped, with only a few stops at Hoboken beer joints en route. Spindly, moon-faced, bow-tied, and sweated, he delivers a kind of tone that is a cross between Bing Crosby and Marlene Dietrich. His "Embraceable You" has them swooning at his feet every time, and "Black Magic"—well, remember what Benny Goodman did to 'em at the Paramount? Adored by the young teens, Sinatra so far is scorned by critics, not wisely but too well. Said *Life*, "He makes every song sound like every other song." The fans only shrieked even louder.

[Turn the page]

You've had reports, no doubt, on the vast amount of progress being made in maxillo-facial and surgical prosthesis (oh well, replacement, then) for war wounded. Now comes a man with a heart for the poor forgotten civilian. Or maybe he is just tired of the droop of the face of mankind as it is. Anyway, he is Dr. Nathaniel Olinger of Columbia University, and he made headlines when he said this month that the public should support clinics to care for facial rehabilitation of civilians. He says to do the job properly we'll need psychiatrists, prosthodontists, surgeons, speech teachers, and sociologists . . . When it comes to missing bone, cartilage, or contour, however, we'll take an Andy Gump any day in preference to Benito.

* * *

The Big Inch pipeline, bringing much needed oil from the southwest to the New York area, has come through at last—but not without a few leaks on the way. The biggest of which, eastern motorists thought, was the fact that even then came no slackening of pleasure-driving regulations as the waning summer slipped quickly by. More serious, though, than a few days in the country sacrificed was the possibility that the fuel-oil avail-

able for winter heating would be scarcer than last year. Coal strikes have made deliveries of solid fuel scanty and slow, and many large apartments which were converted from oil last winter have on hand now only sufficient coal to keep hot-water furnaces going. Luckier landlords and small home-owners stocked up last year and have no worries. For the rest of us, it's back to the woolies and bed-socks again, and the devil take our sylphlike figger on the bear rug before the hearth. Who wants to go around in a flimsy negligee anyway.

* * *

We are busy wrapping your Christmas packages which Uncle Sam says must be mailed you by October 15th. And speaking of packages, don't hesitate to ask for anything you really need. But put your requests in a separate letter. We have to take each request to the Post Office for approval and my! how those boys enjoy all the intimate details of your struggles with a certain chief nurse, or your latest romance with the Air Corps major. One separate V-letter, full of requests, should do the trick and spare our blushes, us as hasn't quite got used to the censor as yet!

—Yours, R.N.

★ ★
★

THE WAR NURSE

With science pointed in the face of pain,
Where godless hordes of Mars afflict and kill,
She bravely marches forth among the slain
To ply an ancient art with modern skill.
The priceless sums of all the tireless years
Of bold research are in her soothing hands.
No time is lost. At once, when she appears,
Death shudders and withdraws at her commands.
And when she leaves, one scarcely sees the scars
Inflicted by the cruel villain, Mars.

NICHOLAS LLOYD INGRAHAM, R.N.

Wartime Nutrition: Peanuts

BY CAROLYN VALENTINE, B. S.



AS early as 950 B.C. the peanut was eaten with enjoyment, but then it was forgotten for many years. Early explorers and missionaries carried them to Africa from their native habitat in South America; then they were brought back to America by slave traders in early Colonial days. This circuitous route led eventually to the southern states where, until the Civil War, the peanut was a curiosity and used chiefly as a garden plant. But, hungry northern soldiers turned to this plant for food and brought it from North Carolina and Virginia upon their return. It was almost a joke when P. T. Barnum allowed peanuts to be sold at the circus. Now they are as vital to a circus as the elephants who get their share.

Today the peanut has gone to war and he joined up with the British at first. Fourteen pounds of peanuts are placed in each lifeboat on English ships as a part of the emergency rations which the boats must carry. Perhaps that makes him Sir Peanut.

Botanically the peanut is not a nut—it is a legume, closely allied to the

pea and bean. The nut part grows below the ground but not on the roots of the plant. This plant is small and compact and resembles the garden pea. A yellow blossom on a long stem blooms, swells, and drops. Then the stem droops and thrusts its enlarged tip into the soil. The peanut forms on the tip of this stem, thus giving it the name of "ground pea" or "earth nut." Study of the peanut has resulted in discovery of many excellent nutritional values so that today it constitutes an important industry.

Raw peanuts contain from 4 to 5 per cent moisture which is reduced to about half after roasting. They contain an average of 45 to 50 per cent fat, 17 to 25 per cent carbohydrate, and 26 to 27 per cent protein. Within this protein is contained most of the essential amino acids thus making peanuts a most desirable protein source. They may be considered a concentrated source of high quality, readily digestible protein.

The fat of the peanut is widely used as a salad oil and cooking fat because of its bland and pleasing flavor. Actually this is a concentrated form of nourishment. During war times there is increased demand for fats and oils and peanuts may have an added job to do for the people who have been starving in other lands. The fat content will give greater satisfaction for a longer period of time because fats digest slower. [Turn the page]



Peanuts are also a good source of phosphorus and have appreciable amounts of calcium and iron. A two-ounce portion of peanuts supplies approximately one-fifth of the daily need for phosphorus, one-tenth of the calcium and one-tenth of the iron. And, anyone knows that this two-ounce serving is indeed small for the real lover of peanuts.

Vitamins are present and, as might be expected from mature seeds, the B complex is found. They are inexpensive sources of the thiamin (vitamin B₁), riboflavin (vitamin B₂) and niacin (nicotinic acid). For some time peanut meal has been used with success in the treatment and prevention of pellagra. Because of the low cost it may be possible to encourage people of lower incomes to use more peanuts as a pellagra-preventive aid.

Figures are limited on amounts of pantothenic acid, pyridoxin, and other factors of the B complex, but we can readily assume that both known and unknown components of this impor-

tant complex group are all present.

In the United States we have a choice of the Virginia or Spanish types of peanut. The first is the jumbo and has a pronounced flavor. It is chiefly used for eating and for peanut butter. The smaller Spanish peanut has a larger percentage of oil. When raw they both taste not unlike raw peas or beans so the characteristic taste is developed in the roasting process.

Peanut flour or meal can be combined with wheat flour and used in baked products. It is toasted or made into a mush before mixing with the dough and its value lies in its use in low carbohydrate diets.

Peanut butter is wholesome, nutritious and the most easily digested form. It is a boon to lunches for its value is high, it is inexpensive and the taste is pleasing. The oil, an important by-product, is gaining in popularity for home and institution use because of its bland, readily adaptable form. [Continued on page 88]

Probie



"What can we do for our morale?"

Painless Childbirth?

CAUDAL ANESTHESIA ON TRIAL



TWENTY-FIVE years ago a group of women were discussing a startling new medical discovery called "twilight sleep." One of them had a friend whose friend had had her baby by "just going to sleep." It was a most remarkable thing, but there had been some complications as the baby was "blue." They all agreed that it was about time that the doctors found some way to relieve women of the agony of childbirth.

But, physicians had not been idle. For many years they had been working ceaselessly on a number of techniques for relieving painful childbirth. Now recently, the papers have featured a new method in startling headlines. Mrs. Jones told her story to the paper. She had read the latest novel, chatted with her husband, and enjoyed a complete lunch. Then, only half an hour later, her first baby arrived. There was no pain, no sense of the agony for which she had been prepared by her friends. And Mrs. Smith had received calls from her family and had napped but a short time before her third child was born. It was so different from the other two. A real miracle! These are typical of the stories that have been published all over the country.

Now when women prepare to have their babies they feel justified in demanding that their doctor give them the new "treatment." They have read about it and they want no pain... like

Mrs. Smith or Jones. They quote the latest article and are sure that if they do not enjoy the same surcease from pain then their physician is just uninterested or is careless of their welfare. Nurses often hear these complaints and are questioned as to why they did not receive the same care and have the wonderful results of which they have read.

But, what is the truth about this new method? Is it 100 per cent successful? Will it be given as commonly and as routinely as the sedatives and anesthetics formerly used?

Unfortunately, the method known as continuous caudal anesthesia is not a simple, easily administered one. To raise the hopes of these women by describing this method of anesthesia in glowing terms but failing to give warning too, is a type of cruelty. Too often incomplete information gives false hope from which springs only disappointment in the final hours.

In 1847 Sir James Simpson introduced ether in obstetrics. Since that time there has been an unending search for a *perfect* method. The search has been for something to mitigate the sufferings of natural labor and delivery but it must be completely safe for both mother and child. Twilight sleep did not answer the question. Finally, several investigators reported that the nerves which control the uterus stem from the lower part of the spinal cord and that they could be blocked. This,

caudal block was comparatively safe for both mother and child but it was only a single injection. Therefore there was a long period before actual delivery when pain was not lessened.

Then, in January 1942, Drs. Hingson and Edwards of the U. S. Public Health Service reported a modification of caudal block. They injected a cocaine derivative into the caudal canal at various intervals and so produced analgesia during the period of labor and anesthesia during delivery. This was the method that was greeted with headlines by the press and laity publications.

There is no doubt of its usefulness for delivery when the mother has pulmonary tuberculosis or upper respiratory infection. The uterus still maintains its normal motility and the usual mechanism of labor proceeds. There is no need for narcotics and sedatives nor is the peritoneum sensitive in cesarean section. The patient, feeling no pain, is calm, relaxed, and completely conscious.

But, and this is the part that the papers

failed to mention in detail, it requires long experience and training to know exactly where the needle should be inserted in the lower spinal column. To inject the drug into the subarachnoid space would mean extreme danger. The two safeguards are aspiration before injection and injection of a small amount for test of the anesthesia.

This method does not save time because it requires the attention of a skilled physician and the constant vigilance of the nurse. The first injection is given while the patient is in her bed. She lies in the knee-chest position so that the spinal area is exposed. Appearance of spinal fluid on injection is a danger signal. So is appearance of blood when it enters a vein. The solution must enter *only* the caudal area... and that area is not large.

A special semi-flexible needle is used so that it does not break even when the patient moves around in the bed. It is held in place with strips of

[Continued on page 86]



CITATION, A.N.C.

You had your choice—quiet wards and halls
Safe at home where shrapnel never flew,
Or heavy boots and G.I. coveralls
In tents where bombs might shower from the blue.
And yet without the draft to nudge your brain
You knew the softer way was not for you.
Those awarding medals make it plain
That the recipient was known to do
Some deed above, beyond his daily work
And in a sense this phrase applies here too.
Neither pain nor fear could make you shirk
The very toughest way to see this through;
No matter what citations you deserve,
You wrote your own the day you signed to serve!

—RUTH ARUNDEL PIERCY, R.N.

News of the Month



NO MORE MESS

From the War Department comes an order prohibiting R.N.'s from performing such non-nursing duties as the operation of nurses' messes and housekeeping in nurses' quarters and hospital wards. These tasks will be delegated to subprofessional personnel in order to relieve the nurses for more essential work. Included in the list of non-nursing chores are the care of linen and utility rooms, supervision of policing of wards, and making empty beds.

The order did not state precisely who would perform these duties, but officials in the Medical Department said that use would be made of civilian employees, enlisted personnel, and nurses' aides. Plans are underway to assign more members of the Women's Army Corps to hospitals. This program was launched with the assignment of about 175 Wacs to Walter Reed General Hospital in Washington. Several members of that group are practical nurses; others are technicians. They are enthusiastic about their new assignment, saying that they are getting better experience than they hoped for in civilian hospitals. "The Army has the best of everything," they say, "doctors, nurses, and medical equipment."

The Navy beat the Army to the gun in this instance, however, having inaugurated their training program for Waves several months ago. About 600 Wave hospital corpsmen receive

training each month for service in medical facilities in continental United States.

CADET UNIFORMS

Thirty-two of New York City's top-flight fashion editors took time out last month to attend a luncheon at the Waldorf given by the National Nursing Council for War Service and to judge three uniform designs submitted for the U. S. Cadet Nurse Corps. Acclaim for the chic and style-right winner—uniform by Molly Parnis and beret by Sally Victor—continues to mount as the public becomes familiar with the publicity photographs



which are being given generous space in the press and current magazines.

The Parnis outfit is in rich gray and consists of wool suit, top coat, striped cotton summer suit, rain coat, and white, round-necked blouse. Sally Victor's beret is patterned after that of General Montgomery, matches the fabric of the suit, and is adorned with the insignia of the U.S. Public Health Service—a silver device combining the fouled anchor of the Navy Medical Corps and the caduceus of the Army Medical Corps, crossed behind the American shield and surmounted by the spread eagle. Silver buttons and lapel ornaments consist of anchor crossed by caduceus. Good military



M. BURNEICE LARSON, *Director*

When you're indulging in a bit of wishful thinking...as which of us does not...how do you picture yourself? Do you dream of a young hospital where a staff of builders is needed...of yourself directing and sharing in the molding of a nursing corps second to none? Or do you prefer to envision an old established institution, the sort that you would always be proud to mention among those who know and claim as your own.

We especially enjoy hearing from the wishful thinkers of the RN world, because so often a letter describing a heart's desire is descriptive of a dozen or more opportunities open at that very moment! Simple—to take the “wishfulness” out of those thoughts—to start another RN along the path to professional fulfillment—and very, very gratifying!

If you know the role you would like to fill, or even if you're not quite sure, won't you write us about it? Our analysis sheet will help you to understand yourself, even as it helps us to serve your interests intelligently. A postcard request will bring one to you.

M. BURNEICE LARSON

Director, THE MEDICAL BUREAU

Palmolive Building

Chicago

fashion details are the scarlet epaulets and the buttoned pocket flaps. The summer uniform also features the scarlet epaulets.

Gray paratroop satin twill is the fabric for the single-breasted, belted, and silver-buttoned rain coat. Patch pockets and matching epaulets add additional smartness. Wearing of either uniform is optional.

Acceptance of the uniform design is undoubtedly another major step in the acceleration of the Cadet Corps, but no estimate has been given as to when the uniforms will be available in quantity.

Meanwhile, other aspects of the program are not being neglected. Various nursing agencies, including the Army and Navy Nurse Corps, are working closely with the U.S.P.H.S. on recruitment problems; copies of the Bolton Act and “Regulations of the Surgeon General Governing Payment to Provide Training for Nurses,” under which the Cadet Corps will operate, have been mailed to directors of state approved schools of nursing and to national and local nursing associations. Already allotments totalling \$836,461 have been allocated to six nursing schools.

Also, Surgeon General Parran, Lucile Petry (director of the Corps), and Eugenia Spalding, associate director, will soon make a nationwide tour to disperse first-hand information on the project to hospital administrators and directors of nursing schools. Interestingly, and finally, the need for nurses is considered so urgent that Stella Goostray, chairman of the Board of Directors of the National Nursing Council, has sent a letter to all State Boards of Nurse Examiners, urging that steps be taken to waive specific subject requirements, such as chemistry, for admission to

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RIVETS TO ENSURE STRENGTH.....*Vi-Penta Perles • Vi-Penta Drops 'ROCHE'*

schools within the state, "provided that units offered for admission represent a secondary school course which is well-rounded and of a substantial character."

?????

Spurred by frequently expressed interest of readers in the part the American Nurses Association was playing in (1.) Securing passage of legislation giving full rank to Army and Navy nurses, and (2.) Preparation of sections in the proposed new national security program (cradle to grave plan) which will affect nurses and nursing, *R.N.* wrote the A.N.A. for information on their position or policies on these two projects. They answered as follows:

"In reply to your questions... we wish to state that these two important questions are receiving the attention of the A.N.A. However, at the pres-

ent moment we have nothing available for publication."

CHANGE

Plans to begin a series of two-month courses in neuropsychiatric nursing at Lawson General Hospital, Atlanta, Ga. [*R.N.*, August] have been cancelled by the Army.

The reason for the change in plans is the Army's acquisition of Pilgrim State Hospital, Long Island, N.Y., as a neuropsychiatric hospital. The 1,500-bed installation will be the seat of the School of Military Neuropsychiatry, now operated for medical officers at Lawson. Since it is desired to operate the school for nurses in conjunction with the medical officers' school, both will be located at Pilgrim. It is hoped that the first nurses' course may be begun in October.

To be eligible for the training, Army nurses must have had at least three

Are you keeping yourself fit?

The shortage of registered nurses has made it essential that every nurse should keep herself fit for duty as it may arise.

HYPEROL

a utero-ovarian tonic and corrective for disorders of functional origin, may help you to carry on by relieving pain and irritability.

HYPEROL contains Hydrastine Alkaloid, Aloin, Apiol, Ferrous Carbonate (Blaud). A trial of this preparation may be helpful to you in continuing your work without interruption.

HYPEROL is supplied in bottles of 28 capsules and is procurable at leading drug stores.

THE PURDUE FREDERICK COMPANY

135 Christopher Street

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“SYMBOL OF QUALITY
IN THE FIELD OF
NUTRITION”



INFANT NUTRITION

• BIOCHEMICALS FOR
DEFICIENCY DISEASES

S. M. A. CORPORATION • 8100 McCORMICK BLVD. • CHICAGO, ILL.

months' nursing experience in the field of neurology or psychiatry. Purpose of the course is to prepare a group of nurses for the handling of battle-shocked casualties returned from the fronts.

HOME FRONT

Most serious report to date on the nurse shortage in civilian hospitals, and one picked up by almost every paper in the land, was the O.W.I. release of August 24th, based on reports to the United States Public Health Service.

From Patchogue to Pasadena hospitals are closing their doors or their wards, said the O.W.I., because more R.N.'s are joining the military services or being drawn into industry. Simultaneously, the number of requests for admissions to hospitals is increasing. In the first six months of 1942, 18 per cent more babies were

born and the death rate upped 13 per cent more than in the same months of 1942. Indications are that the birth rate will keep on soaring. While the general outlook for the health of war babies remains favorable, in certain areas of the country there has been serious cause for alarm. Young working mothers, crowded living conditions with poor sanitary standards and—again—inadequate clinic and hospital facilities are largely responsible.

Hospitals in the metropolitan area have not only lost their professional workers, but from 10 to 15 per cent of their lay personnel. "Give us painters, plumbers, cafeteria workers, and elevator boys!" their directors cry. The United Hospital Fund continues to plead for volunteers—3,000 men and women who will give as many hours a week as they can spare. And at Lenox Hill Hospital in Manhattan a

COOLING COMFORT FOR SHEET BURNS

MENTHOLATUM applied on friction spots on elbows, hipbones and ankles brings instant, soothing relief to the "burning" area. Also, its gentle stimulating action on the peripheral blood vessels helps promote healing of the irritated skin.

And since Mentholum does not evaporate like alcohol, its analgesic and healing actions are much longer lasting. Applied as needed it forms a constant "lubrication-barrier" between the patient's skin and the sheets, reducing friction. For generous free trial size, write Mentholum, Dept. N-17, Wilmington, Delaware.

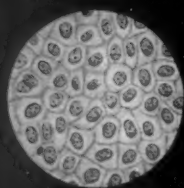
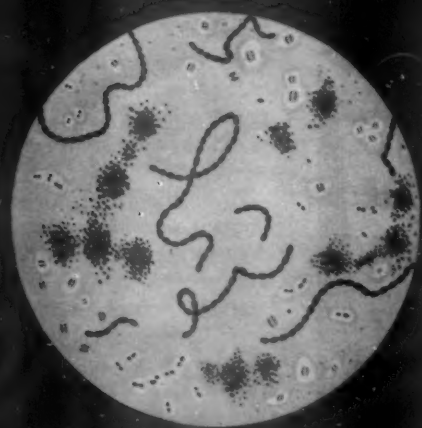
MENTHOLATUM

• SOOTHING COOLING COMFORT WITHOUT STINGING



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THESE ARE THE TARGETS . . . NOT THESE

Pathogenic organisms are the proper targets of an antiseptic, yet many bactericidal preparations destroy tissue as well

• 'S.T. 37' Antiseptic Solution is not only highly bactericidal but clinically non-toxic. This outstanding preparation exerts a soothing local analgesic effect as well.

Moreover, low surface tension enables 'S.T. 37' Antiseptic Solution to penetrate minute tissue spaces, thereby extending the field of its action.

These characteristics make 'S.T. 37' Antiseptic Solution partic-

ularly useful in surgical procedures and in treatment or prevention of infection and relief of pain associated with minor cuts, burns, and abrasions.

'S.T. 37' Antiseptic Solution is odorless, colorless, oil-free, potent in the presence of body fluids—even when diluted several times—and is harmless even if swallowed in full strength. Sharp & Dohme . . . Philadelphia, Pa.

'ST 37'

New **VANISHING CREAM FUNGICIDE**

The most fastidious person will welcome the cosmetic elegance of KORIAM—the safer antipruritic fungicide.

Korium destroys dangerous fungi in 10 minutes. It works IN the skin, providing maximum fungicidal action with minimum discomfort.

As easy to apply as the finest cosmetic cream, Korium with its vanishing type base, is stainless and will not cake or cause fabrics to cling to the skin.

KORIAM is available in jars containing 1 oz. net weight. Complete formula and professional literature on request.

SARNAY PRODUCTS, INC.
NEW YORK, N. Y.

KORIAM
THE ANTIPRURITIC FUNGICIDE

QUICK RELIEF
from
Nasal Congestion

EFEDRON
HART NASAL JELLY
*The Original Water Soluble
Ephedrine Nasal Jelly*

Relieves nasal congestion promptly and pleasantly.

Supplied in nasal tipped tubes -- can be conveniently carried in pocket or purse -- applied quickly and easily.

Send for Samples

Hart Drug Corporation,
Miami, 30, Fla.
Please send me complimentary samples of
EFEDRON Hart Nasal Jelly

_____ R. N.

Address _____

City _____ State _____

advertising manager, a cloak-and-suit-er, a salesman, a broker, an insurance agent, a banker, and an attorney have enrolled as assistant orderlies—volunteers.

From the New York City Nursing Council recently came a plea to transient nurses from Mary Burr, executive secretary. "... We have heard lately of scores of nurses who have come here as Army and Navy wives and have given up their profession... Each nurse is needed urgently, and the council will help such visitors to get either full-time or part-time jobs in hospitals."

Meanwhile, Hospital Commissioner Edward Bernecker announced that New York City would establish its own training school for practical nurses to help overcome the R.N. shortage. It will be called the Central School for Practical Nursing of the Department of Hospitals and be located on Welfare Island. Opening date is September first. Mary Ellen Manley, director of the division of nursing of the Department of Hospitals, reported that the nursing profession was becoming more aware that less technically trained persons could take over many of the R.N.'s duties. She also stressed the excellent job vistas that lie ahead in the post-war world for women trained in the field of practical nursing.

RANK

What many nurses didn't know was the fact that as far back as June 16th, a bill, HR-2976, was introduced in the House of Representatives, to grant full military rank to members of the Navy Nurse Corps. No action has as yet been taken on this measure and Navy nurses still have only relative rank while Waves have actual rank.

A similar bill has failed to emerge for the Army Nurse Corps, but Col.

R.N.

Little hints to make your job easier...

By G. A. Bunting, A.M., Ph.G., D.Sc.*



Working longer hours now—many of you are doing the work of two!

And when you tell me how Noxzema Medicated Cream relieves many of your daily discomforts, I feel proud indeed that Noxzema has contributed in some measure toward making your work easier.

I really don't have to tell nurses about Noxzema for **SUNBURN** and for **RED, ROUGH HANDS**. It was nurses themselves who wrote me long ago what a blessing Noxzema is for sunburn; what cool, soothing relief it brings to red, fiery skin—even under a stiff, starched uniform. And how it smooths, softens and helps heal hands that are reddened and roughened by constant scrubbing and strong solutions.

But have you tried Noxzema for tired, burning **FEET** after a long day? One nurse wrote me, "It's just like dipping your feet into a cool mountain stream."



Try it. Rub Noxzema into your feet before you go to bed—see how it helps!

Nurses are justly proud of their smooth skin, but if occasionally your skin gets dry and flaky, try Noxzema as a night cream and as a powder base. See how it smooths and softens! If you get tender **CHAFED** spots that make stooping and walking a torment—smooth on a little Noxzema, and notice how much better you feel.

Every good nurse wants to make her patients comfortable, I know. So keep a jar of Noxzema handy. Use it for bed sores and sheet burns; for rough, dry lips after anaesthetics—and for babies suffering from prickly heat, chafed skin and diaper rash.

You'll find Noxzema is greaseless, non-sticky; it vanishes almost at once. doesn't soil bed linen or clothing—and that's important in a nurse's job.

I hope you'll let Noxzema help *you* as it has so many other nurses!



*Doctor Bunting is the originator of the famous Noxzema formula.

Blanchfield said in her office last month that activity was under way to secure actual rank for Army nurses as well. Feeling has been running especially high since Waac became Wac! In both military services nurses feel that as the oldest corps they should have consideration and status equal, if not prior to that of the more recently formed women's organizations. Civilian and military nurses can help by writing their Congressmen to take action.

POLIO

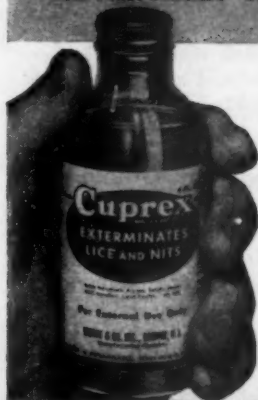
The largest number of paralysis cases since 1934 have been reported, especially in California, Oklahoma, Texas, Kentucky, and Connecticut. This epidemic occurs in a year when the National Foundation for Infantile Paralysis collected a record sum of \$5,527,590, almost \$2,000,000 more than was raised in 1942. At the height

of the epidemic, on August 5th, was announced the creation of the Elizabeth Kenny Institute, Inc., in Minneapolis, which will promote the work of the famous Australian nurse. Rosalind Russell, of Hollywood fame, is a member of the institute's board of directors.

Simultaneously Drs. Kabat and Knapp of the University of Minnesota report hastened recovery in cases of polio with the use of prostigmine, hypodermically and by mouth. This has been used in the past for myasthenia gravis to relieve fatigue of the skeletal muscles. In polio it relieves excessive muscle tension and spasm, according to the experiments. Atropine is usually given with prostigmine to offset some undesirable results, and the Kenny treatment is frequently given at the same time.

Finally, the J.A.M.A. has published a set of rules to prevent further spread

CUPREX GIVES YOU THESE FOUR IMPORTANT ADVANTAGES IN THE TREATMENT OF PEDICULOSIS



- **CUPREX IS QUICK**—It's the 15-Minute Liquid Treatment.
- **CUPREX IS A LIQUID**—saves time; easy to wash off.
- **CUPREX IS THOROUGH**—kills the nits as well as the lice, usually in one treatment.
- **CUPREX IS EASY TO APPLY**—just as easy as a hair tonic.

Available in drug stores in 2 oz. and 4 oz. bottles.

A PRODUCT OF MERCK & CO., Inc. • RAHWAY, N. J.
Write for literature



CONFIDENCE

Patient confidence is a lot of little things . . . a timely word, an encouraging smile, a competent manner on the part of doctor or nurse.

Professional confidence depends on little things, too. A new syringe, for instance that backflows unexpectedly, not only upsets both patient and doctor, but is a waste that should not be tolerated.

B-D Syringes, of special formula glass, resist both erosion and friction. Each syringe passes a severe backflow test with plunger revolving the full length of the scale. You must wear out a B-D Syringe before it leaks. It will not leak by reason of faulty manufacture.

B-D PRODUCTS
Made for the Profession

BECTON, DICKINSON & Co., RUTHERFORD, N. J.

September 1943

GALATEST

CUTS ROUTINE URINE SUGAR TESTING FROM . . .

MINUTES TO SECONDS!



A COMPLETE URINE SUGAR TEST IN 30 SECONDS:

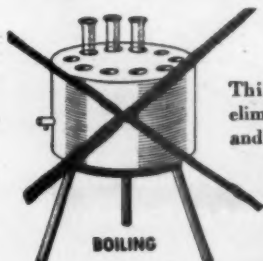
STEP 1. A little Galatest powder

STEP 2. One drop of urine

If sugar is present—color reaction instantly.

AND THAT'S ALL THERE IS TO IT!

Galatest is a short cut to the right answer. Available at prescription pharmacies. Write for descriptive literature today.



This dry reagent eliminates the time and bother of . . .



LIQUID MEASURING



TEST TUBES

Galatest

ACCEPTED FOR ADVERTISING IN THE JOURNAL
OF THE AMERICAN MEDICAL ASSOCIATION

THE DENVER CHEMICAL MFG. COMPANY
163 Varick Street, New York, N. Y.

of infantile paralysis: (1.) Avoid using water that may be contaminated, either for washing, drinking, or swimming. (2.) Avoid exhaustion from exertion or chilling. (3.) Avoid injury to mucous membranes of nose and throat. (4.) Treat minor illness as a possible case. (5.) Keep home and work places in a sanitary condition and destroy flies and their breeding places.

WOMEN'S WAGES

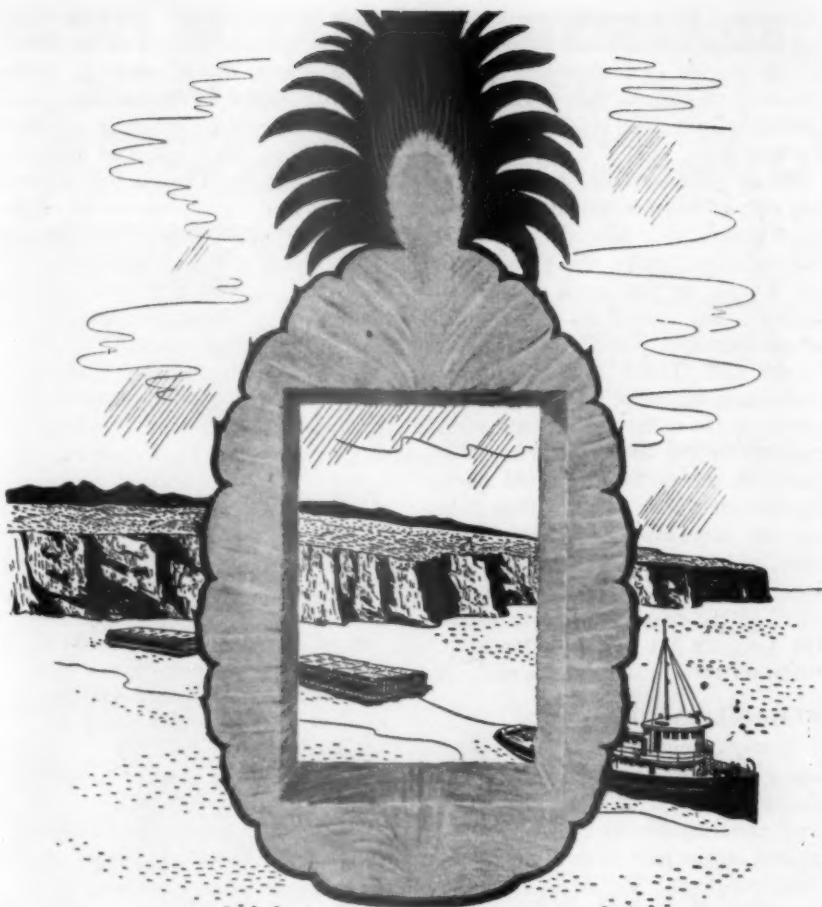
In a survey completed recently by the National Federation of Business and Professional Women's Clubs, doctors were shown to earn the highest salaries of all working women. Teachers are the step-children among the professional ranks, more than half reporting that they earned less than \$1,500 a year. Social workers rate just above teachers, and nurses are third from the bottom rung of the ladder.

ARMY GARB

Under new regulations issued by the War Department, the G.I. blue uniform will be standard for wear during the winter of 1943-44 by Army nurses stationed in continental United States, but the new olive drab winter uniform will be required for all nurses overseas. The summer O.D. uniform is authorized for wear in summer in the United States as well as abroad. Dates on which the A.N.C. change from one seasonal garb to the other will conform to those on which officers and men change.

This is the first time that a separate Army Regulation for Army Nurse Corps uniforms has been issued. Heretofore, the regulations pertaining to the wearing of nurses' uniforms have been included in the same Army Regulations as govern soldiers' uniforms.

[Turn the page]



Tugboats are still towing bargeloads of pineapple from the Dole island of Lanai to the Honolulu cannery. But, as you probably know, a large part of the fruit and juice we pack is going to the Armed Forces.

However, we are planning and planting for the future — when you will be able to buy all the Dole Pineapple and Juice you want.

HAWAIIAN PINEAPPLE PRODUCTS

DOLE

September 1943

The new regulations now cover every item of wearing apparel either issued to the nurses or authorized for purchase at the nurses' expense, and supersede all previous references to nurses' uniforms.

Some girls overseas are still waiting desperately for standard uniforms, question A.N.C. officials on reasons for delay. Actually, the Quartermaster Corps, at the instigation of the A.N.C., has moved an ample supply of uniforms to ports of embarkation in the U.S. There, A.N.C. authority ends, and shipment of the goods depends on the order of the commanding general of the overseas area. In too many instances he has rated nurses' equipment a low priority thus delaying or preventing shipment. Therefore, chief nurses of overseas units lacking uniforms should advise the chief nurse of their theatre to urge the C.G. to put a higher travel priority on these essential supplies.

REHABILITATION

Conspicuous attention is already being given to the problems of rehabilitating wounded soldiers and sailors, and considerable emphasis is being placed on the part of the nurse in this vast program. The O.W.I. has released suggestions, made by the Sur-

geon General of the Army, concerning the part friends and families of the victims should play in helping them to adjust to normal life. This is an educational program in which the cooperation of registered nurses is eagerly sought. They will fit especially well into the expansion of medical facilities to aid in the rehabilitation of maimed and disfigured men. The government has promised that the most modern medical and psychiatric care will be available, the finest surgery and appliances, vocational training, and expert rehabilitation. The prospect presents a vast and interesting career incentive to nurses.

TEST CASE

A tip for retired military nurses has come from the Comptroller General who has held that a retired nurse is not entitled to the difference between the retired pay of her rank as prescribed in the general service pay act of June 16, 1942, and the pay prescribed by the special Nurse Pay Act of December 22, 1942.

Ruling on the case of Charlotte E. Bucker, A.N.C.-Ret., who sought the difference between the retired pay of a nurse and the retired pay of second lieutenant of equal service, Assistant Comptroller General Yates held that

USE
FLAVORIS

For The Sickroom

It is pleasing in flavor and very thorough

THEIR METABOLIC DEMANDS ARE INCREASED

Febrile disease and surgical interference frequently result in an increased metabolic demand for nutrients, notably *proteins, vitamins, minerals.*



During the active phase of disease as well as throughout convalescence, the intake of food essentials must exceed normal requirements.

Rich in basic food quality, high in protein and protective factors, Horlick's provides a dietary aid which is tempting to the palate, easily digested, readily assimilated.

HORLICK'S

is delicious whether prepared with milk or with water.

HORLICK'S TABLETS

are also useful and convenient to eat between meals.

Recommend

HORLICK'S

the Nurse Pay Act was temporary legislation, and "in effect, merely provisions for a temporary increase in active duty pay in time of war... for wartime service under conditions not affecting personnel on the retired list not performing active duty."

MIDAS TOUCH

Injectations of gold salts have become increasingly popular among physicians as a treatment for rheumatoid or infectious types of arthritis. First reports of success with gold therapy were announced in 1932 and the subsequent decade brought refinements in the treatment which minimized toxic reactions and revealed to skeptics that, according to clinical reports, 70 to 80 per cent of patients showed marked improvement after the injections. Duration of the average case of rheumatoid arthritis without treatment

is from four to six years with occasional remissions. When the active phase is past, the majority of patients show improvement, but damage to the joints is irreparable. Gold salt therapy tends to control the spread of rheumatoid arthritis as it stimulates the defensive powers of the body. Where it has been used, seven out of ten cases have greatly improved and in a few cases the disease has been completely arrested in six months.

HELIUM

Helium, so precious in 1915 that it cost \$2,500 a cubic foot, has entered the hospital. Its addition to anesthetics not only makes them easier to breathe but prevents operating room explosions, says the Bureau of Mines, which has conducted experiments in this field in cooperation with St. Francis Hospital, Pittsburgh, and the Uni-

For Relief of Simple Constipation — Try **EX-LAX** *The "HAPPY MEDIUM"* **LAXATIVE**

In cases of simple constipation, some laxatives may prove too strong. Others may be too mild. But there is one laxative which hits a "happy medium." And that's... Ex-Lax! Ex-Lax is thoroughly effective—yet effective in a gentle way. It won't weaken or upset you. It won't make you feel bad afterwards. Ex-Lax is

not too strong, not too mild... it's just right! It tastes good, too—just like a piece of fine chocolate.

Thousands of doctors and nurses use Ex-Lax and prescribe it for their patients. When phenolphthalein is indicated, Ex-Lax is a pleasant and effective method of administration. 10c and 25c sizes at all drug stores.



As a precaution use only as directed

TO NURSES interested in the New Theory of Treating **BURNS**

The excellent results following the immediate treatment of burns without debridement justifies every nurses' interest in this new theory. Gebauer's Tannic Spray is especially useful for the "quick treatment" method. A stable, antiseptic, tannic acid solution packaged in a dispenseal bottle. Simply "press the lever" and direct a cooling, soothing spray over burn area. Evaporates rapidly covering burn with a thin, transparent, protective tannic acid film. Available at surgical supply stores in 1 fl. oz., 2 fl. oz. and 4 fl. oz. dispenseal bottles. Or, write for literature.

THE GEBAUER CHEMICAL CO., CLEVELAND 4, OHIO



REPORT OF A SURVEY

among 6,000 physicians
on the subject of

BABY OIL

A leading medical journal asked these questions of 6,000 physicians, including over half of all pediatricians and obstetricians. Their replies, summarized below, provide authoritative information to guide you in advising mothers.



QUESTION: "Do you favor the use of oil on baby's skin?"

ANSWER: Over 95% of physicians said yes. (Most hospitals, as in scene above, instruct mothers to use one baby oil—Mennen—chiefly because it's antiseptic).



QUESTION: "Should oil be used after every diaper change?"

ANSWER: 3 out of 4 physicians said yes. (Mennen Antiseptic Oil helps prevent diaper rash caused by action of germs in contact with wet diapers).



QUESTION: "Should oil be used all over baby's body daily?"

ANSWER: 3 out of 4 physicians said yes—helps prevent dryness, chafing . . . (Most important, Mennen Antiseptic Oil helps protect skin against germs).



QUESTION: "Up to what age should oil be used on baby?"

ANSWER: Average of replies from physicians said, "Continue using oil until baby is over 6 months old." Many physicians advised using oil up to the age of 18 months.



QUESTION: Should baby oil be antiseptic?"

ANSWER: 4 out of 5 physicians said yes. (Only one widely-sold baby oil is antiseptic—Mennen. Helps check harmful germs, hence helps prevent prickly heat, diaper rash, impetigo and other baby skin irritations. Hospitals find that Mennen is also gentlest, keeps skin smoothest. Special ingredient soothes itching, smarting. Babies deserve the best—Mennen Antiseptic Oil).

Warrior

THE military doctor of World War II — unarmed yet unafraid — moves up shoulder to shoulder with the combat troops. Bayonet charge... parachute landing... beach-storming... constantly, the medical officer proves that he is every inch a fighting man.

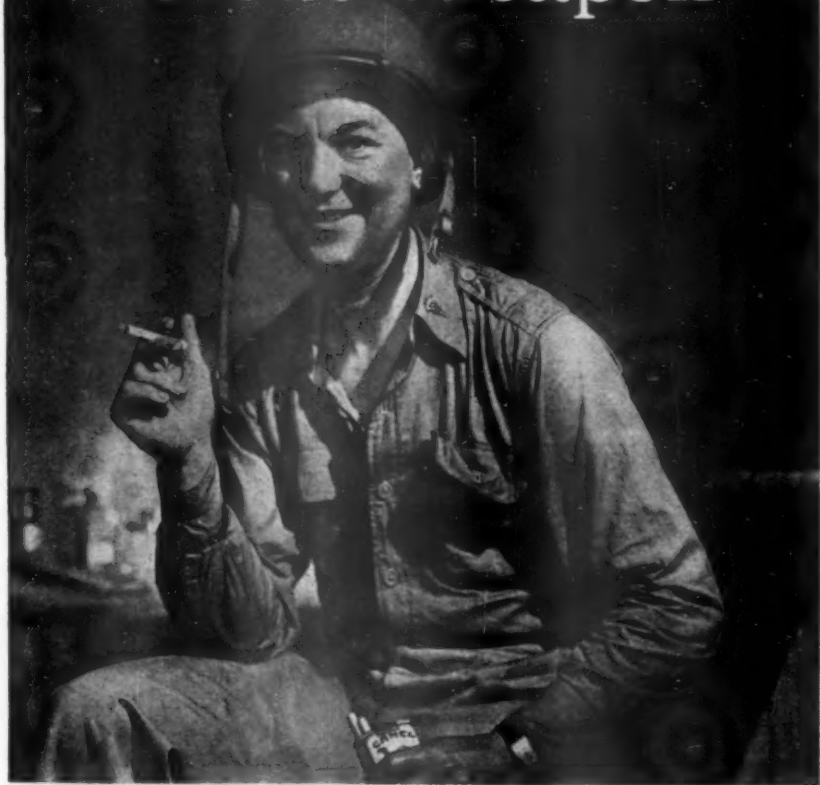
More than likely, he's a Camel smoker, too, for Camel's mellow mildness and smooth, comforting flavor quickly won it first choice in the armed forces.*

Planning a gift for someone in service? Make it Camels... a carton... the *thoughtful* remembrance.



Camel

without Weapon



1st in the Service

*With men in the Army, the Navy, the Marine Corps, and the Coast Guard, the favorite cigarette is Camel. (Based on actual sales records.)

New reprints available on cigarette research—Archives of Otolaryngology, February, 1943, pp. 169-173—March, 1943, pp. 404-410. Camel Cigarettes, Medical Relations Division One Pershing Square, New York 17, N. Y.

— *Costlier Tobaccos*

SAFER... *because* easier to clean

The wide mouth and rounded interior corners make the Hygeia Bottle easy to clean and leave no crevices for dirt and germs. New tapered shape makes for safer handling in filling and attaching nipple. Measuring scale applied in color for easy reading.

Breast-shaped nipple with patented air vent tends to reduce wind-sucking. Sanitary tab makes nipple easier to apply.




HELP WIN THE WAR

Conserve rubber. Use a separate nipple for each feeding. Clean immediately after use. Avoid excessive boiling. Hygeia Nursing Bottle Co., Inc., Buffalo, New York.

Hygeia Nursing Bottle Company, Inc., Buffalo, N.Y.

HYGEIA NURSING BOTTLE
AND NIPPLE

Refresh your skin... 
Give your complexion
radiant loveliness with

AMBROSIA *the liquid*
facial cleanser

Feel how pleasantly your skin responds... how it tingles as refreshing Ambrosia Facial Cleanser removes grime and dirt from the surface. This fragrant, effective cleanser also forms a silken-smooth powder base to which face powder clings for hours. Buy famous Ambrosia Liquid Cleanser at all cosmetic counters in drug, dept. and 10¢ stores.



FREE! Generous trial bottle of AMBROSIA Dry Skin Cream! Lubricates... smooths... softens dry skin. Send label from back of AMBROSIA Liquid Facial Cleanser bottle with your name and address to: MINZE AMBROSIA, 30 Rockefeller Plaza, N. Y. C., Dept. 64. No obligation.

AMBROSIA

versity of Pittsburgh Medical School. Now produced at a cost of less than two cents a cubic foot, Government-produced helium is chiefly used for the inflation of lighter-than-air aircraft. It will undoubtedly be obtainable in quantity for civilian use when no longer required by the military.

SLEEPING SICKNESS

Safe vaccines against both the "Japanese B" and the "St. Louis" types of encephalitis have recently been developed by a group of Army and Navy doctors, reports the *J.A.M.A.* Tests on fifty-one volunteers indicated that the vaccines could be administered safely in two doses three days apart. Subsequent blood tests revealed that about half the vaccinated group within two weeks developed antibodies which neutralize the viruses of these diseases, but resistance to the St. Louis virus can be present without evidence of these antibodies in the blood. Consequently, the investigators have not reached any further conclusions about the protection afforded by the vaccines. Eventually, civilian and military personnel may benefit from the production of these vaccines.

ANTI-FLU INHALANT

Navy research scientists, remembering the 21,000,000 influenza fatalities in World War I, have developed and accumulated a stock of serum which has been 90 per cent effective in preventing influenza in white mice. Commdr. Albert P. Krueger, director of Naval Laboratory Research Unit No. 1 at the University of California says, "The animal experiments are sufficiently promising to warrant the expectation that application to human infection will be successful." The serum is inhaled in a thin mist and is spread by atomizer. Animals who were

MAZON

the Preferred

DERMAL THERAPEUTIC

Infantile Eczema



*Equally effective
in both
Infantile
and
Adult cases*

Perhaps you already know from clinical reports how Mazon is quickly effective and brings relief to the irritated areas—how the simple treatment with Mazon helps to clear up the affected areas.

*Insist
upon the
Genuine*

The success of Mazon has encouraged the marketing of inferior and cheaper imitations.

Protect your patients against these substitutes.

Insist that the patient obtain the original blue jar.

Mazon is quickly effective and brings soothing relief to the irritated areas, is anti-pruritic, anti-septic, and anti-parasitic, easy to apply and requires no bandaging.

Mazon often brings surprisingly rapid improvement where the lesions are not caused by or associated with systemic or metabolic disease.

Mazon is indicated in Eczema, Psoriasis, Alopecia, Ringworm, Dandruff, Athlete's Foot and other skin disorders.

If you have never experienced Mazon's usefulness now is the time to test it.

BELMONT LABORATORIES CO., PHILADELPHIA, PA.

**New under-arm
Cream Deodorant
safely
Stops Perspiration**



1. Does not harm dresses, or men's shirts. Does not irritate skin.
2. No waiting to dry. Can be used right after shaving.
3. Safely stops perspiration for 1 to 3 days. Removes odor from perspiration, keeps armpits dry.
4. A pure white, greaseless, stainless vanishing cream.
5. Arrid has been awarded the Approval Seal of the American Institute of Laundering for being harmless to fabrics. Use Arrid regularly.



**ARRID IS THE
LARGEST SELLING
DEODORANT**

ARRID

39¢ a jar

(Also in 10¢ and 59¢ jars)

Buy a jar of ARRID today at any store which sells toilet goods.

given ten lethal doses of influenza virus and then treated with the serum developed only one half the lung inflammation of untreated mice. The apparatus for administering the inhalant to humans is ready but there have not been sufficient cases of influenza to furnish proof of its efficacy.

WAC ACK-ACK

In its August first issue, *Yank* (British Edition) printed a letter from an Army nurse, comparing the wide publicity received by Wacs, newly arrived on foreign soil, to that allotted the A.N.C. who, like the American Indians, were there to witness The Landing.

The letter started something! *Yank's* "Mail Call" department, August 15th, was given over entirely to the comments of Army nurses and their staunch defenders. Here are excerpts from a few:

"We would like to send a West Point salute to the G.I. Nurse who so thoroughly expressed the opinion of the A.N.C. in your August 1st issue." Signed, Members of the A.N.C.

"You take 'em [nurses] for granted in the Army... But [in] Bataan and Corregidor and Africa... Army nurses were there, are there, and will be there. All honor to their name." Thus wrote an enthusiastic staff sergeant.

Thirteen Army officers wrote in giving full credit to the Wac, but here's what they said about the nurses! "...In all our respective jobs and stations we've seen the girls in the A.N.C. plugging away at their daily tasks—taking a lot of hardships, a lot of not-so-funny wisecracks and all the unpleasant phases of their part in this war—with characteristic good nature and grit. Their nail polish ran out quite a while back—about the time a lot of Wacs were wondering why the gasoline was being rationed in Kala-

Unprecedented times? Unprecedented problems



TODAY, more women are contributing to our national war effort than ever before. The unprecedented responsibility placed on them for full-time activity, intensifies many of their personal problems to an equally unprecedented degree . . . particularly that of menstrual hygiene.

Working steadily with men in near proximity—often wearing close-fitting slacks or coveralls—with less opportunity for private retirement than in more leisurely or more domestic times—it is little wonder that so many have found in Tampax the ideal means for improving their hygienic habits, as an aid to uninterrupted activity.

Ten years ago Tampax itself was unprecedented—since which time, well over five hundred million of these vaginal tampons have been purchased. Indeed, the only unprecedented thing about Tampax today, is the unusual enthusiasm evoked by the freedom it gives from the prospect of internal or external irritation . . . from all possibility of noticeable bulkiness . . . and from the exposure of the flux to odorous decomposition.

Tampax is available in three absorbencies—Super, Regular, and Junior—to suit personal daily needs. From its compressed size (which permits insertion without official stress), it expands flat in situ—an exclusive feature—conforming with comfort to the intravaginal configuration. Its cross-fibre stitching—also exclusive—prevents disintegration, so that dainty removal may be effected intact without probing.

If you have never personally examined Tampax, why not break a precedent, too? The coupon is for your convenience.

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TAMPAX

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**TAMPAX INCORPORATED
PALMER, MASS.**

Please send me a professional supply
of the three sizes of Tampax.

Name RN-03
Address
City

September 1943

mazoo... G.I.'s from Bataan to the E.T.O. will back us up when we say that when all the fanfare is over and the debutantes are back safely in their saddle-shoes and angora sweaters, the women of the Army Nurse Corps will get more than a passing nod."

A loyal corporal thought the nurses' letter was one of the best he'd read. "...The nurse asked, 'How many people know what the initials A.N.C. mean?' Well, how many *do* know? We never hear anything about them. So why not give them some praise in the future? As for the Wacs, we got along without them very well before they arrived and I don't think we'll get along a damn bit better now that they're here. But we would have a hell of a time getting along without the A.N.C."

"When the Wacs have proven themselves as completely and as thoroughly

as the A.N.C. has, then I will be all for them," says still another sergeant. "...If you want to do articles about women in the Service of the United States, write about some Army nurses. God bless 'em all. They are doing a bigger job than any G.I."

LADIES FROM HEAVEN

Mexico may soon boast one of the first corps of parachute nurses within the ranks of the United Nations. In the belief that this new medical arm is made necessary by the increasing importance of aircraft in modern warfare, ten Mexican nurses have petitioned their country's Department of National Defense to form squadrons of parachute nurses. They have further offered to serve as guinea pigs in the training of nurses.

As soon as the final arrangements are made, the señoritas will begin



SPECIALIZATION CLINICAL LABORATORY TECHNIQUE

holds greater opportunities for the capable Nurse Technician than ever before. It is the one field that is not overcrowded, and one in which professional ability is highly regarded and recognized. Our catalog will be of interest and we shall be pleased to mail it postpaid upon request. *Established 24 years.*

Northwest Institute of Medical Technology, Inc.
3404 E. Lake Street
Minneapolis, Minn.

K-D KONES liberate nascent chlorine...

for
VAGINAL ANTISEPSIS

•
PROPHYLAXIS
•
DEODORIZING

This message to physicians is reproduced for its instructional import to the nursing profession

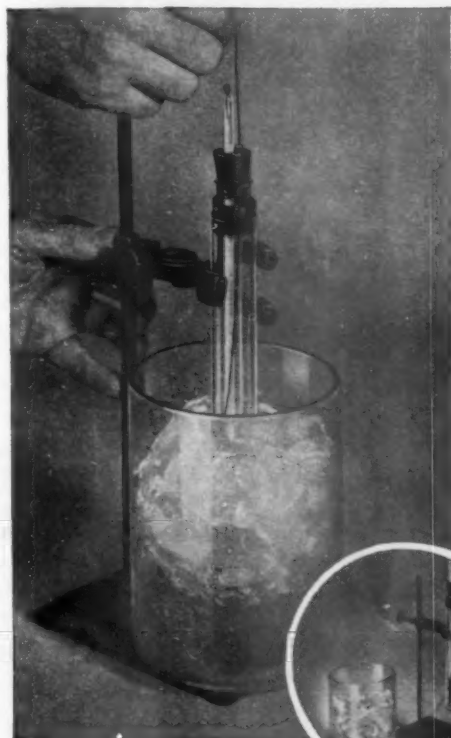
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Send for samples and literature

Superior vaginal suppositories that are non-toxic, non-irritating, stainless, greaseless. A clinically efficient chlorine compound combined with a neutral white soap-like base... immediately effective upon introduction, K-D Kones provide sustained activity over long periods through gradual softening and slow liberation of their chlorine content.

FRAILEY PRODUCTS, INC.
11 East 44th St., New York 17, N. Y.



FREEZING POINT INDICATES OSMOTIC POWER OF SAL HEPATICA TO PRODUCE LIQUID BULK IN BOWEL



THE LIQUID BULK of Sal Hepatica acts gently and reliably to rid the costive bowel of unwanted waste. The bowel is flushed and the peristaltic musculature stimulated shortly after administration of Sal Hepatica. The effective laxative action of Sal Hepatica lies in the osmotic power of the temporarily unabsorbable *liquid bulk* it brings into the alimentary tract.

To learn accurately the osmotic power of Sal Hepatica, tests were made to determine how much it reduced the freezing point of water—a truly scientific index of osmotic force. Sal Hepatica was definitely found to have a considerably lower freezing point and, therefore, higher osmotic pressure than obtained in normal fluids and cells of man.

Besides their ability to draw *liquid bulk* into the bowel, the salines of Sal Hepatica help offset gastric hyperacidity and promote the flow of bile. Sal Hepatica makes a zestful, effervescent aperient. Literature on request.

← Sal Hepatica solution is placed in glass tube so that it covers mercury in Centigrade thermometer. The tube is then immersed in a container of ice. Sal Hepatica solution showed low freezing point denoting high osmotic pressure which produces liquid bulk in alimentary tract.

SAL HEPATICA

SUPPLIES **LIQUID BULK** TO FLUSH
THE INTESTINAL TRACT

Bristol-Myers Company, 19-N, West 50th St., New York 20, N. Y.



September 1943

training at Balbuena Field. Nurses will be given thirty-six hours of special instruction, commencing with the handling of open chutes on the ground and gradually leading up to practice hops from fast-moving planes at low altitudes.

HIDDEN HUNGER

Workers who slump at desk or machines may be in a mild state of mal-

nutrition with diets especially lacking in the vitamin B complex. Experiments have been conducted on four medical students who trained for nine months to a year on a normal diet before shifting to a diet deficient in the vitamin B complex. On the latter diet the human guinea pigs' work output was seriously decreased and they all showed signs of fatigue, irritability, anorexia, and increased leg pain during work periods. None, however, showed marked evidence of deficiency disease. The investigators were Drs. Barborka, Foltz, and Ivy who reported their findings in the July 10 *J.A.M.A.* Amounts of thiamin and riboflavin given the students in the adequate diet were those recommended by the Food and Nutrition Board of the National Research Council for moderately active men in health. Food similar to that found on the tables of about one third of the families of the U.S. composed the deficient diet.

ARMY CHOW

Hot or cold water works miracles on the Army's new "U Ration," issued to troops in the field. A dash of aqua pura and the G.I. has cereal, coffee, ham, eggs, roast beef, meat balls, and other delicacies! No cooking is required. A day's rations for five men come packed together in wooden boxes for easy transfer in truck or jeep.

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It Is Up To The Nurse . . .

to assure effective oxygen therapy by acquiring a familiarity with the operation of oxygen apparatus so as to provide prescribed oxygen concentrations with greatest comfort for patients.

The new, revised Oxygen Therapy Handbook is an excellent reference book that will help nurses and those taking nurse refresher courses to obtain maximum results from oxygen therapy. A copy will be sent without charge upon request.

THE LINDE AIR PRODUCTS COMPANY
Unit of Union Carbide and Carbon Corporation
30 East 42nd St. **UCC** New York 17, N. Y.
The word "Linde" is a trade-mark.

SPIRELLA NATURAL SUPPORT FOR CHRONIC FATIGUE

REPORTS from war plants and from the home front, too, indicate that the increased activity of women in wartime has led to an increase in chronic fatigue resulting from poor posture.

Natural Support

In cases like this, the natural action of a Spirella Garment provides the same relief it does in other types of figure problems. It gives the necessary support together with a foundation around which proper posture habits can be relearned. Its action complements the normal action of the abdominal muscles with upward and backward traction. There is no unnatural constriction in the region of the diaphragm.

Comfortable

Spirella garments are comfortable to wear and easy to put on. There are no bulky straps and gadgets to adjust. And there is a noticeable improvement in the patient's appearance. Patients like to wear their Spirellas, which means that they do wear them—and the doctor can be confident that his instructions are being followed.

proved her appearance and posture, relieved her chronic fatigue. First the Spirella Corsetiere adjusted the exclusive Spirella Modeling Garment, as shown in picture No. 2. This was done in the doctor's presence, while he checked the degree of support. (This may be done by fluor-



3. Finished Spirella

oscopic examination if desired.) Then measurements were taken over the corseted figure, from which her individual Spirella was made. See figure 3.

Spirella Support is Recommended in Cases Like These

- ▶ "Industrial" and Chronic Fatigue
- ▶ Post-Operative Conditions
- ▶ Misplaced Internal Organs
- ▶ Faulty Posture
- ▶ Extreme Obesity
- ▶ Maternity



2. Modeling Garment

Case History

Note the three photographs of the same patient on this page. The first picture shows her unsupported figure. Notice the characteristic poor posture, protruding abdomen and concave chest. Photographs 2 and 3 show how Spirella im-

proved her appearance and posture, relieved her chronic fatigue. For complete information about Spirella natural support, write Dept. 5-9, The Spirella Company, Niagara Falls, N. Y. In Canada, address The Spirella Company, Ltd., Niagara Falls, Ont.



1. Uncorseted Figure





AN ADEQUATE VITAMIN-MINERAL INTAKE is needed daily to keep in tip-top health, vigorous in mind and body, these grueling work days. Thousands of nurses (and many doctors) assure higher vitamin-mineral levels by supplementing their diets with . . .

THE NEW HIGH POTENCY

VI-SYNERAL
FUNK-DUBIN

VI-SYNERAL helps meet the challenge of the wartime diet . . . furnishing a "safety-margin" of all the important vitamins, fortified with 8 minerals:

VITAMINS: A-B₁-B₂- (G)-C-D-E-Niacinamide and B Complex factors.

MINERALS: Calcium, Phosphorus, Iron, Iodine, Magnesium, Manganese, Copper, Zinc.

Send for new valuable brochure.

U. S. VITAMIN CORPORATION
250 EAST 42nd STREET NEW YORK, N. Y.

Science Shorts

An outbreak of "glue itch" has been reported in factories working in plywood and laminating materials. This has been reported before, but never in such large numbers. Certain substances in the glue cause the dermatitis, and treatment consists of soothing wet dressings, such as boric acid solution or Burrow's solution during the acute stage. Later, mild fatty-base ointments are used. To prevent the infection, the glue should be kept from the skin or washed off immediately. General protective measures such as clean clothes, gloves, running water, and plenty of soap are also encouraged.

*

British medical units are now being dropped by parachute to advanced lines. Full equipment is carried and immediate care has saved many more lives.

*

Drs. Kornberg, Daft, and Sebrell of the National Institute of Health, U. S. Public Health Service, have discovered a new liver extract to combat anemias and other blood disorders caused by sulfa drug poisoning. This may mean that the few people who react badly to these drugs will be able to continue taking them.

*

Fats provide from one-fourth to one-third of the body energy.

*

Penicillin may soon be manufactured in larger quantities. Dr. Clifton of Stanford University has adapted a process of vinegar manufacture which may overcome previous hazard of bacterial contamination. It involves dripping a growth-inducing solution through a layer of mold-affected shavings.

[Turn the page]

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"There goes
another
stork!"



THE WHOLE U. S. is a regular Stork Airport, these days!

Probably you've never had so many babies in your care. Boy babies, girl babies, sensitive babies, tough babies, all wanting one thing: to be comfortable.

A healthy, unirritated skin cer-

tainly helps. And Johnson's Baby Powder does a lot toward keeping baby's skin that way.

When you recommend Johnson's Baby Powder you're recommending a product of Johnson & Johnson, a name that stands for quality, uniformity, reliability.



Johnson's Baby Oil is widely recommended for the daily oil bath of infants and for frequent use on older babies. It is bland, stable . . . and because of its chemically inert mineral oil base, never turns rancid.

Johnson's Baby Toiletries are made especially to agree with baby skins. Johnson's Baby Soap is neutral; smooth-textured. Johnson's Baby Cream is pure, unmedicated, useful in helping to relieve chapping and chafing; and to help prevent windburn.

September 1943

REGULAR
PACKAGE



WARTIME
PACKAGE

JOHNSON'S BABY POWDER

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You're sweet to praise my
fingernails, Marjorie. I use
Dura-Gloss all the time—
Yes, and it costs only 10¢.
Dura-Gloss gives your nails
a brilliant, beautiful finish
and stays on the nails
longer. Want to try some of
my Dura-Gloss?

Lorr Laboratories
Paterson, N.J.
Founded by
E. T. Reynolds

10¢
PLUS
TAX



DURA-GLOSS NAIL POLISH

According to a story in the *Infantry Journal*, a young lieutenant instructor was giving a class in first aid. He lacked the usual chart to show location of the principal blood vessels, so ordered a tall, thin soldier to disrobe and with a lipstick drew the arterial system on his hide. This life-like chart was so successful that lipstick is now part of the standard equipment for the class.

*

Cattle are doing without much of the skim milk formerly used for feed. Humans are getting it now.

*

Dr. Pratt of New York Postgraduate Medical School and Hospital predicts that varicose veins will increase because of the war. Women may be called upon to stand more in their new defense jobs, and the unaccustomed work of soldiers in jungles, the arctic regions, or in cramped cockpits or fox holes may precipitate the development of varicosities. Modern operative technique has been highly successful.

*

There are thirty-five Canadian women doctors in the armed services.

*

That pledgets of a specially treated cotton called oxidized cellulose will help to stop bleeding during operations, has been shown in experiments by Dr. Virginia Frantz of the Department of Surgery, College of Physicians and Surgeons, Columbia University. The pledgets are soaked in thrombin, which is really responsible for the action, and left in the body where they are absorbed without injury.

*

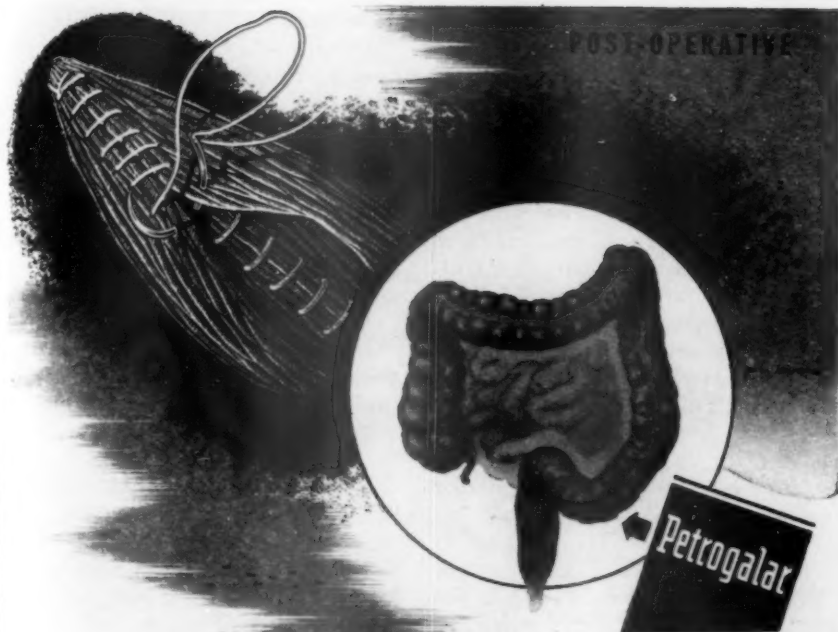
Efforts are being made by both Federal and state officials to increase oyster production. At present, the production of this excellent food is only

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PETRO
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for the management of constipation

Restoration of Habit Time for Bowel Movement after surgery can be accomplished intelligently by the use of mild, efficacious Petrogalar.

After surgical interference, compensation for lack of exercise—gentle aid to tired intestinal muscles—easily gliding, painlessly motile bowel contents are requirements of importance.

Years of professional use have established Petrogalar as a reliable, efficacious aid for the restoration and maintenance of comfortable bowel action.

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September 1943

Petrogalar
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Constant uniformity assures palatability—non-interference with secretion or absorption—normal fecal consistency. Five types of Petrogalar provide convenient variability for individual needs.

about one-half of that of fifty years ago.

U.S. Navy Surgeon McMaster recommends that sprained ankles should be used at once to hasten recovery. Procaine injected into the injured ligaments helped in eliminating pain and then the patient was encouraged to move about. A physician should always be consulted to determine whether or not there is a fracture. In the case of a sprain, movement should be as normal as possible, after taping or use of an elastic bandage.

Dr. Dutton of Texas declared that appendicitis may be due to allergic reactions.

The Metropolitan Life Insurance Company reports that in spite of the war the health of Americans continues

to be good. The first six months of 1943 shows only a 7 per cent rise over the mortality of 1942 which was the lowest ever recorded. Unfavorable features are higher-than-ever deaths from cancer, cerebral hemorrhage, and diseases of the heart and arteries. Gasoline rationing has materially reduced auto accident deaths. Women are healthier than ever.

The new sulfa drug, sulfamerazine, simplifies treatment because it can be taken by mouth for pneumococcus pneumonia, meningitis, gonorrhea, and streptococcus infections.

Nylon goes to the hospital with Dr. Rose of Philadelphia General, who uses this synthetic material to filter blood and plasma for transfusions. Many different materials have been used in the past, but nylon removes



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Does This Laboratory Look Familiar?

As every nurse knows, it is a long-established practice for pharmaceutical ingredients to be studied and tested carefully in competent laboratories like that shown in the picture.

But this is a *cosmetics* laboratory... the Hudnut Institute for Dermatological Research. And here is the story behind it...

Cosmetics are in contact with the skin more constantly than pharmaceutical prescriptions. And since most of the ingredients used in making cosmetics also have their uses in pharmaceutical preparations, the Richard Hudnut organization believes it is highly important to study scientifically the effect on the human skin of ingredients and combinations in cosmetics.

That is the purpose of the Hudnut Institute for Dermatological Research,
September 1943

where laboratory apparatus with which you are familiar has been gathered together and tests of cosmetic ingredients are constantly being conducted. Under conditions hygienic enough to represent human environment, hundreds of animals of numerous species are maintained for preliminary study of reactions to ingredients before the stage of clinical studies is reached.

Typical of the Institute's pursuits is special clinical work in the field of allergy and sensitization; as well as experiments with the pH of cosmetics. Study on all these is continuing, and many other important projects are under way.

A booklet giving complete information about the Institute is available free. Write the Hudnut Institute for Dermatological Research, 113 West 18th Street, New York, N. Y.

RICHARD HUDNUT

113 WEST 18TH STREET • NEW YORK, N. Y.

"O-O-O-O MY FEET!"



WHY SUFFER WITH FOOT TROUBLES THAT DRAG YOU DOWN? TIRED, BURNING, TENDER, ITCHING, PERSPIRING FEET OR CORNS AND CALLOUSES GIVE YOU THAT E-X-H-A-U-S-T-E-D LOOK.

QUICK RELIEF!



GET PROMPT RELIEF WITH EFFICIENT, SOOTHING JOHNSON'S FOOT SOAP—THE OLD TIME FAVORITE FORMULA OF BORAX, IODIDE & BRAN. SOFTENS CORNS & CALLOUSES.

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a Kind Laxative

Though highly efficient as a laxative, TAXOL is kind to the system. Producing a gentle stimulation of the colon without causing cramps, pain or nausea, TAXOL results in a gentle, yet thorough, evacuation within 6 to 12 hours.

Carefully compounded of selected, balanced agents and enteric coated to permit action only in the intestine, the average dose is 1 to 6 TAXOL Tablets, best taken before retiring. Complete formula on request. Supplied in bottles of 50 tablets.

A strictly ethical product never advertised to the public, complimentary samples of TAXOL are available to registered nurses on request for their personal use.

TAXOL

The Ethical Laxative

LOBICA, INC.

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all clots without clogging and does not shed lint. It is easy to clean, assemble, and sterilize under steam and is cheap under ordinary conditions. However, because it is a critical material, Dr. Rose washes and reuses the bags at least twenty-four times.

*

Americans aren't the best fed people in the world, says Dr. Parran. New Zealanders, Australians, and Scandinavians hold the record.

*

Combating airsickness is a problem related to transport of troops. Doctors believe that it may help if the troops are allowed to look out of transport planes or gliders. Factors causing this type of sickness are unavoidable stimulation of the vestibular mechanism of the ear; rapidly changing forces of gravity which act on internal organs, muscles and joints; apprehension, and past experience. It is thought that if the men are able to look out, some of these stimuli may be less disturbing.

*

Two and one half billion atabrine tablets will be produced this year for the men and women in the tropics.

*

Many deaths have been reported during air raids in which the body was untouched and there were absolutely no signs of injury. *The Lancet* gives a new explanation for this sudden death. Authorities believe it may be due to forcible shutting of the epiglottis while the lungs are empty. No air can get into the lungs and because of the lack of air the victim cannot force open the epiglottis. It is possible for this to occur without the appearance of suffocation. Dr. Eve, senior consulting physician of the Royal Infirmary at Hull, who has studied this condition, recommends wearing a

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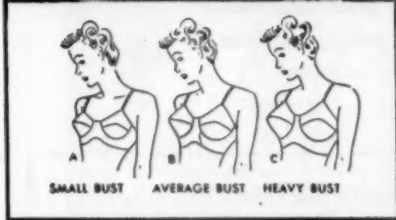
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A stretchable bra that supports and holds the breasts softly and comfortably! Never binds or cuts—and actually feels as though it breathes with you! For all figures, in your favorite corset dept. \$2.50 and up.

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WARNER'S CHAFEZE* The jersey shield that prevents painful chafing between the legs. Ask for it by name in corset depts. \$1.25.

broad belly bandage which need not be tight but should not be elastic. The doctor recommends trying to pull up the jammed epiglottis with the fingers or a crochet hook, or a needle or knife can be plunged into the windpipe. This must be done within four minutes, and afterwards artificial respiration must be used.

•

A report says that Germany is using 42 per cent of its current potato crop for motor fuel.

•

A new hypodermic injector has been invented that has no needle. Liquid is expelled in a fine stream under pressure that punctures the skin and injects itself into the tissues. A microscopic hole results and penetration is controlled by varying the pressure and the quantity of the liquid. Patient has no pain but rather a sensation of a light breeze blowing against the skin.

A New V. D. Problem

[Continued from page 27]

amide and sulfathiazole, has been very successful." He has obtained more rapid response with sulfathiazole. Dosage: 1.5 grams three times daily for two weeks, then 1.0 grams t.i.d. for the next three weeks. After this comes a rest period, with the same cycle of sulfathiazole previously given. Inguinal cases do not usually require a second five-week course. The marked beneficial results obtained are laid to the viro-static effects of the sulfa drugs against the causative agent of the disease. Up to the time of his report Grace saw no toxic manifestations.

Some clinicians prefer combined therapy with sulfanilamide plus Frei antigen. Pratt achieved satisfactory

The F.

R.N.



Wherever nurses serve, they find

Fitch's DANDRUFF REMOVER *Shampoo*

NO MATTER WHERE duty calls . . . to the middle East . . . to the South Pacific . . . or here at home, Fitch's Dandruff Remover Shampoo is most always available. You'll find it on sale at Army Post Exchanges and in Ship Stores. Fitch Shampoo removes dandruff completely with the first application. It makes a rich, abundant lather, even if you have to use the hardest water. No after-rinse is needed. It's quick . . . convenient. Ideal for use in far-away places as well as at home. Fitch Shampoo leaves the hair and scalp antiseptically clean.

You'll notice a new sparkle in your hair after a Fitch Shampoo, because it *reconditions* as it cleanses. On and off duty . . . keep your hair looking its best with Fitch Dandruff Remover Shampoo. Ask for Fitch's at your drug counter or have a professional application at your favorite beauty shop.

The largest selling shampoo in the United States and Canada

The F. W. Fitch Co., Des Moines, Iowa • Bayonne, N. J. • Los Angeles, Calif. • Toronto, Canada

YOU CAN LIGHTEN THE D
BY KNOWING THE HE
S



Above: Ptoed abdominal muscles—made worse by incorrect corset and brassiere.
At right: Same woman in her Spencer Support and Brassiere. Her sagging abdominal muscles are healthfully supported—her posture is improved.



For a Spencer Specialist, look in telephone book under "Spencer Corsetiere", or send coupon at right for information. No obligation.

SPENCER *INDIVIDUALLY DESIGNED*

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THE DOCTOR'S WAR-TIME BURDEN

THESE 6 REASONS WHY

SPENCER SUPPORTS

GIVE BEST RESULTS

1 Each Spencer Support is separately designed, cut and made to meet the needs of the patient who is to wear it. This assures correct support, accurate fit, comfort.

2 When patient's posture is faulty, the Spencer is designed to gently but effectively induce better posture. Physicians tell us that this is one of the most valuable features of Spencer Service.

3 Each Spencer is *guaranteed* never to lose its original shape. This is important for two reasons: Much longer life for the support. Supports which lose their shape, lose their value. In fact, they become harmful. (Spencer Supports have never been made to *stretch* to fit—they have for 39 years been *individually designed* to fit.)

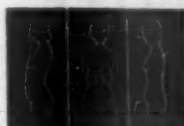
4 Because each Spencer is designed for the individual wearer, the doctor's patient will never be "fitted" with what happens to be in a store's

ready-made stock, instead of what she (or he) *needs*.

5 The Spencer Corsetiere not only personally delivers to the patient the completed support and adjusts it properly on her, but keeps in touch with patient to make certain that satisfaction is permanent. This saves the doctor time and annoyance.

6 The permanence of the Spencer Corsetiere as a continuous assistant to the doctors of her community is shown by these statistics: 1,758 Spencer Corsetieres have been rendering Spencer Designing Service to doctors for over 5 to 33 years!

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Who should know better than you — cleaning white shoes every day, year in, year out — that GRIFFIN ALLWITE can save you time and money, as well as help your shoes to last longer — right now when conservation of everything is so important.

Bottles, Tubes and Jars
10¢ and 25¢ sizes

GRIFFIN ALLWITE

Cleans as it whitens
to a "new shoe" finish



results in 56 per cent of patients given sulfanilamide alone, whereas the percentage rose to 92 in those receiving combined therapy, with the treatment period appreciably shortened.

Your New Income Tax

[Continued from page 25]

which, under the circumstances just stated, would only have been refunded this coming March 1944.

Nurses in the services need not file reports of their 1943 income until March 15, 1944, as a result of a special ruling which reads:

"Any taxpayer who is a member of the military or naval forces ... in active service Sept. 15, 1943, is hereby granted an extension of time ... not beyond March 15, 1944, within which to file the declaration of estimated tax required by Section 58 of the Internal Revenue Code, as amended, and to pay such estimated tax or any installment thereof otherwise required to be paid before March 15, 1944."

Nurses who wish to become "current" by Jan. 1, 1944 may file estimates of income in September and December and pay whatever tax may be due on estimated 1943 income before the first of next year. (See R.N. August.) This will simplify procedure for nurses whose incomes have altered during the year through promotions or transfers to foreign duty.

If tax amount paid in March and June of 1943 exceed total liability for the year, the military nurse may claim a refund March 15, 1944.

Members of the services are subject to Victory Tax, although it is not deducted from their pay. The amount of Victory Tax due for 1943 must be computed with March 15, 1944 tax return and payment made.

Members of the armed forces on ac-

R.N.

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To Reduce Absenteeism Among Women Who Miss 1 to 3 Days Each Month!

1. This easy-to-read, 24-page booklet is designed for your workers... contains the do's and don'ts women need to know on how to feel better and stay on the job regardless of the calendar. Discusses such subjects as sleeping, drinking, showers, diet, how to lift, how to curb cramps, when to see a doctor, facts for older women. The quantity you need for your plant will be sent post-paid and free, with the compliments of Kotex.

that day is here again



2. This new Instruction Manual serves as a "refresher" course for plant nurses and doctors so they will be equipped to conduct classes for women workers. Contains up-to-the-minute information on all aspects of the subject, provides practical teaching suggestions, and supplies answers to the kind of questions women ask. It is yours, free, along with a set of jumbo Visual Charts on Menstrual Physiology for classroom use.

Free to you! Mail your request today!

Just recently a war-plant nurse made the discovery that their *greatest* number of absences are women who missed 1 to 3 days of work each month, frequently due to their menstrual periods.

Quite naturally, this nurse asked the people who sell Kotex* sanitary napkins to help solve this very special problem. These two booklets are our answer to her request. We offer them to you free of charge, in the interest of aiding the war effort.

We take pride that we are able to supply you with this help. Just as we take justifiable pride in the fact that these

days, when every minute counts, more women choose Kotex than all other brands of pads put together—to keep going in comfort!

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Without charge or obligation, please send me:

----- copies of "That Day Is Here Again" to distribute to women workers in our plant.

----- a copy of the Instruction Manual "Every Minute Counts" together with Visual Charts on Menstrual Physiology.

Name -----

Address -----

City ----- State -----



*Trade Mark Reg. U. S. Pat. Off.

September 1943

tive duty are not subject to the withholding tax. Retired nurses, however, have been subject to withholding since July 1. The special \$1,500 tax exclusion does not apply to retired nurses. However, those nurses whose retirement was for physical disability are liable for no Federal tax at all, as the Revenue Act of 1942 excepted from tax income received as compensation or pension for physical disability incurred in the military service either in 1942 or in 1943.

If a nurse in service has a husband not in service, she and her husband may file a joint return, or they may file separate returns dividing the \$1,200 personal exemption between them in any manner desired. She cannot, however, permit him to claim any of the \$1,500 special service exclusion since that exclusion applies only to her own service pay.

The new law also provides that if any member of the armed forces of the United States or of other United Nations dies while in active service, the income tax for the year in which he dies is cancelled. There is also cancellation of all income taxes owing at the time of death. Any taxes that are collected after his death are to be credited or refunded to the member's estate as an overpayment of tax.

Painless Childbirth?

[Continued from page 44]

adhesive tape and is connected with a rubber tube to a bottle which contains the anesthetic solution.

Constant watch is maintained because warnings given by increasing or regularly spaced pains are absent. Observation of contractions of the

For the
**MISERY OF
SIMPLE HEAD
COLDS**

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1 1/4 gr., menthol
1 1/2 gr. in each
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 Lynchburg, Virginia



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uterus must be made from the first injection until signs say that birth is imminent. The patient has no urge to bear down so the second stage may be prolonged or operative delivery increased. In difficult deliveries it is not successful because uterine relaxation is not complete. It is contraindicated in cardiac patients.

Certainly the procedure should not be used except in a hospital and under the most carefully supervised conditions. Undoubtedly the method will give amazing results in a number of cases but only the most skilled surgeon can undertake it and its success will depend upon absolute care and training.

All news stories to the contrary: continuous caudal anesthesia is not the complete answer to painless childbirth. It is a step, and a most important one, toward relieving this pain. But remember, there are dangers too. The complete story has not yet been told because study and investigations continue.

Peanuts

[Continued from page 42]

And, just so nothing is wasted, the shells are burned as fuel and the ashes used for fertilizer. Runners of the plant used as animal food and specially grown hogs are fed on peanuts to produce pork that has superior quantity and quality. Even the meal is used for metal polish.

But the thousands of uses, many of them developed by the famous Dr. Carver, will still leave plenty of peanuts for human consumption. They have a great deal to recommend them so that Mr. Peanut is mighty busy these days both on the home front and in the fighting forces of the United Nations.

Positions Available

To apply, write a separate application for each opening and address to correct box number, care of R.N.—A JOURNAL FOR NURSES, Rutherford, N. J. R.N. does not conduct an employment service, but forwards your inquiries to placement bureaus and individual employers. Send no money with application. Bureaus requiring a fee will bill you. ANSWER JOB ADVERTISEMENTS PROMPTLY!

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ANESTHETIST: West. Opening in beautiful new hospital ready for occupancy early in October. Thoroughly experienced person required. (Placement bureau charges \$2 registration fee.) Box MB9-1.

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ANESTHETISTS: New York. Two required for private hospital. Salary, \$200; maintenance. (Placement bureau charges \$2 registration fee.) Box MB9-3.

DIRECTOR OF NURSES: Metropolitan New York area. Opening in large, well-rated hospital for nurse with Bachelor's or Master's degree and experience in nursing administration. Salary open. (Placement bureau charges \$2 registration fee.) Box C233.

EDUCATIONAL DIRECTOR: East. Vacancy in three hundred bed-hospital; excellent school. Salary, \$200; complete maintenance. (Placement bureau charges \$2 registration fee.) Box MB9-4.

GENERAL DUTY NURSES: Alaska. Positions available in small hospital. Salary, \$135; maintenance. (Placement bureau charges \$2 registration fee.) Box MB9-5.

GENERAL DUTY NURSES: Illinois. Opening in well-equipped, small hospital with excellent working conditions. Good salary. Eight hour day, one day off a week. Box LC9-1.

GENERAL DUTY NURSES: Michigan. Vacancies in 240-bed general hospital, fully approved. Eight hour day; six day week. Salary, \$150; laundry. Apply to Director of Nurses, Pontiac General Hospital, Pontiac, Mich.

GENERAL DUTY NURSES: Midwest. Hospital located in beautiful suburb of metropolis. Salary, \$105; complete maintenance. (Placement bureau charges \$2 registration fee.) Box MB9-6.

GENERAL DUTY NURSES: New York. Immediate openings for floor duty nurses in 60-bed hospital. Nine hours a day, six days a

week. Salary, \$110; board and laundry. Box IH9-1.

***GENERAL DUTY NURSES:** New Jersey. General, 200-bed hospital needs graduates for general duty. Salary, \$90; maintenance. Box PA9-1.

***GENERAL DUTY NURSES:** Wyoming. Ten hour duty, six days per week. Salary, \$142.50; maintenance, or \$155 with meals and laundry. Apply superintendent, Memorial Hospital, Cheyenne, Wyoming.

INDUSTRIAL NURSE: West. Diversified duties in ordnance plant and hospital in connection. Comfortable quarters and living facilities. Salary, \$150; substantial increase expected in near future. (Placement bureau charges \$2 registration fee.) Box C235.

INDUSTRIAL NURSES: Midwest. Several nurses needed for large industrial company located on outskirts of large metropolis. Salary, \$145 for 40-hour week; time and a half for overtime (approximately \$180.) (Placement bureau charges \$2 registration fee.) Box MB9-8.

***INSTRUCTOR, HOSPITAL NURSING:** Wisconsin. The Milwaukee Health Department is interested in obtaining an instructor in hospital nursing to conduct a student educational program in its communicable disease hospital. The salary offered begins at \$125 with maintenance, and increases \$5 per month each year until \$135 has been reached. To this basic salary there has been added a cost of living bonus of \$30.64 per month, making the total beginning salary \$155.64 plus maintenance. Write Office of the Health Department, Milwaukee, Wis.

INSTRUCTOR, NURSING ARTS: Midwest. Opening in 200-bed hospital located opposite state university. Instructor may arrange hours to continue studies. (Placement bureau charges \$2 registration fee.) Box MB9-9.

INSTRUCTOR, PEDIATRIC: West. Position available in progressive children's hospital located in delightful city with excellent climate. College degree required. Salary, \$225. (Placement bureau charges \$2 registration fee.) Box C239.

INSTRUCTOR, PSYCHIATRIC: East. Applicant should be able to assist in establishing and planning the education program of an affiliated school for psychiatric nursing; requires special psychiatric preparation, degree, successful teaching experience. Salary approximately

*Not listed by placement bureau.

\$200; maintenance. (Placement bureau charges \$2 registration fee.) Box C240.

INSTRUCTORS, SCIENCE AND NURSING ARTS: New England. Openings in 125-bed hospital; small school. Salaries, \$175 and \$150 respectively; maintenance. (Placement bureau charges \$2 registration fee.) Box MB9-10.

NURSE: Hawaii. Position in fairly large hospital for candidate especially trained in the technique of giving hyperthermic treatments; treatments average 35-50 monthly. (Placement bureau charges \$2 registration fee.) Box MB9-11.

SCHOOL NURSE: Midwest. Vacancy in suburb of large metropolis. Duties consist of regular school nursing with very little welfare work. (Placement bureau charges \$2 registration fee.) Box MB9-12.

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Many members of our armed forces, many workers in our defense plants, came here for the duration. They're "sold" on the West Coast and plan to remain permanently. We anticipate post-war prosperity—development unprecedented. Look to your future and settle now where you may expect security and pleasant living for all time. These are a very few of the positions listed with us; there are many others.

ANAESTHETISTS—Numerous opportunities, California and other West Coast states; \$170-\$250.

GENERAL DUTY—Here, as elsewhere, general duty nurses are in demand. Our salaries vary with location; hospitals on the ocean pay around \$140-\$155, no maintenance. Our mining company hospitals go as high as \$180 with maintenance. Remuneration depends upon location. Let us tell you about the opportunities.

OBSTETRICS—Private general hospital, 40 beds, near Los Angeles; \$135, room and board, 8-hour duty, day off weekly; 20 miles from Los Angeles. Nurses with post-graduate courses or good delivery room experience considered.

SUPERVISORS—(a) Head nurse, 40-bed hospital, Los Angeles suburb; \$175, maintenance. (b) Night supervisor, 75-bed general hospital near ocean, south of San Francisco; \$150, maintenance. (c) Floor supervisor, 75-bed hospital, San Francisco Bay Area; \$165.

TECHNICIANS—(a) Laboratory and x-ray technician; Los Angeles doctor's office; \$250. (b) Laboratory technician, Southern California; \$175. (c) Roentgenologist, Southern California metropolis, needs experienced x-ray technician; \$150.

DIETITIANS—(a) Chief dietitian, 75-bed private hospital, seaside resort city, Southern California; \$170. (b) Assistant dietitian for new tuberculosis unit of 200-bed county hospital on ocean north of Los Angeles; salary open.

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(Agency)

Elsie Miller, Director

509 South Grand Ave., Los Angeles 14, Calif.

SUPERINTENDENT OF NURSES: New England. Opening in 200-bed hospital in delightful seaport location. Training school. Salary open depending upon qualifications; will be attractive. (Placement bureau charges \$2 registration fee.) Box C242.

SUPERINTENDENT: South. Vacancy in modern, well-equipped hospital of 100 beds located in town of eighty thousand. Candidate will serve also as superintendent of nurses. (Placement bureau charges \$2 registration fee.) Box MB9-13.

SUPERVISOR, MEDICAL: New England. Opening in large teaching hospital. Salary \$140; complete maintenance. (Placement bureau charges \$2 registration fee.) Box MB9-14.

SUPERVISOR, NIGHT: East. Beautifully located hospital overlooking Long Island Sound near New York City, has vacancy. Excellent living and recreational facilities. Salary, \$150. (Placement bureau charges \$2 registration fee.) Box C237.

SUPERVISOR, OBSTETRICAL: West. Opening in one of finest hospitals on the Pacific Coast; forty-five bed department; staff of fifteen obstetricians, all Board men. Degree and previous experience in supervision of obstetrical department required. Minimum salary, \$185. (Placement bureau charges \$2 registration fee.) Box MB9-15.

SUPERVISOR, OPERATING ROOM: South. Position available in large, progressive hospital, well-equipped. Interesting location in city offering unusual educational and recreational facilities. Salary, \$175; maintenance. (Placement bureau charges \$2 registration fee.) Box C238.

SUPERVISOR, OPERATING ROOM: West. Department consists of five rooms for major and six for minors; staff of seven graduates including supervisor. Salary, \$175; maintenance. (Placement bureau charges \$2 registration fee.) Box MB9-16.

SUPERVISOR, PEDIATRIC: Midwest. Opening in new hospital, beautifully equipped department. Salary, \$150-\$175; complete maintenance. (Placement bureau charges \$2 registration fee.) Box MB9-17.

SUPERVISOR SURGICAL: South. Position available in 500-bed municipal hospital. Salary, \$200; maintenance. (Placement bureau charges \$2 registration fee.) Box MB9-18.

SUPERVISOR, SURGICAL TEACHING: Midwest. Opening in large teaching hospital. Salary dependent upon qualifications, but not less than \$175. (Placement bureau charges \$2 registration fee.) Box MB9-19.

SURGICAL NURSES: Arizona. Positions available in small industrial hospital. Salary, \$150 maintenance. (Placement bureau charges \$2 registration fee.) Box MB9-20.

***TUBERCULOSIS NURSES:** New York State. Positions available including general duty and various specialties. Dietitian-housekeeper also required. Nurses with experience in tuberculosis surgery especially acceptable. Salaries range from \$90 to \$115, all with maintenance. Box SL9-1.

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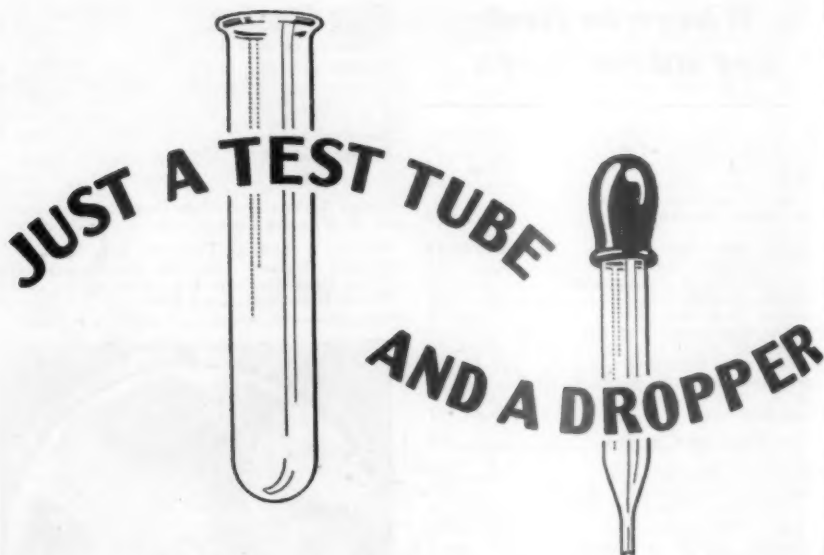
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